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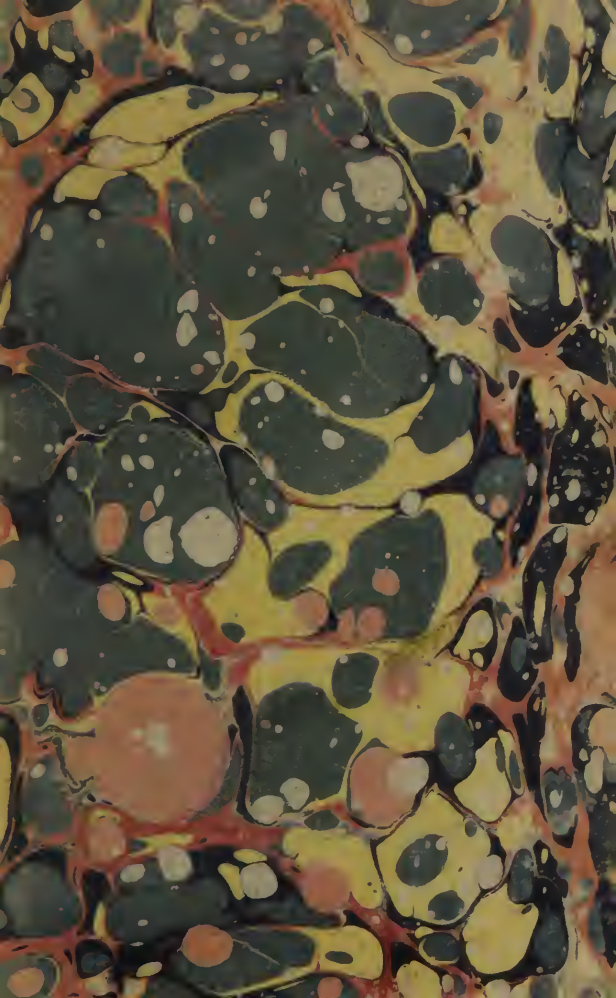
Section

*Thos Wailangeton*

No

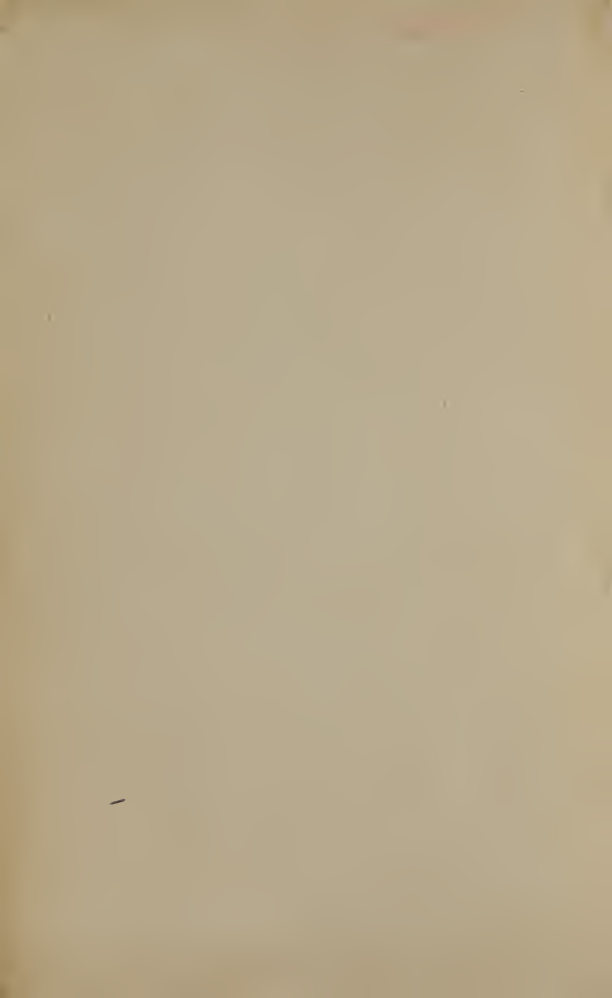
*207254*

*1639*















Edward. Addison. Coll. Reg.  
His booke, anno Domini  
in dono Leonardi Nu.



~~Leonardus Nu.~~

Edward. Addison

His booke, anno Domini

1007. Coll. Reginald Cant.

July 19 20

in dono Leonardi Nu.

Nutt. Esq.



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[Thomas Holladay]

# THE OPTICK GLASSE OF HUMORS

CAMBRIDGE.

OXFORD.



OR

The touchstone of a golden  
temperature, or the Philosophers  
stone to make a golden temper.  
Wherein the foure complections  
Sanguine, Cholericke, Phlegmaticke, Melancholick  
are succincely painted for  
and their externall intimates laid open  
to the purblindeye of ignorance itselfe  
by which every one may iudge  
of what complection he is, and  
unfoerably learne what is  
most futable to his  
nature.

by T. W. Master  
of Arles

Lat. *Lat quod quisque lubet, non omnibus  
us Vnum est*

Quod placet hic spiritus Colhat ille

be sold by L. B. at y Duger loose

in y next tenne bar







To the right worshipfull,  
wise, and learned Knight, Sir

IUSTINIAN LEWIN,

*T. W.* wisheth event of  
all felicity.

 Rivat study we may not un-  
fitly say replenisheth the  
vessel, wise parly and com-  
munication gives the vent  
and easie flow, and Secretariship the  
sale: the one loades the memory, the  
other lends the smooth delivery; the  
last perfects the judgement, and wins  
chiefest glory. So that studious dili-  
gence, without writing and confe-  
rence, is the dul picture of *Harpocrates*  
the god of silence, who is feigned to  
 weare

## The Epistle

Pierius.

wear a wolves skin full of ears & eyes. but sealing up his lippes with his forefinger, as mute as marble *Niobe*: and so writing without both, is the picture of jangling *Thersites*, whose words (as the Poet saith) were without measure, and wit without weight, as lavish in tongue as *Battus*. The hieroglyphick of a true Scholer is the hare, that sleeps waking with her eys open, and wakes sleeping with her eys shut: that is, who seems to meditate when he is in action, and to practise when he is in meditation. Or as other Emblemist have limd forth a right student, ever to have one eie shut and another open, having in his right hand *Phosphorus*, with his motto in one word - *Vigilo*: and *Hesperus* in the other hand, with this word - *Dormio*: to intimate, that he should divide the day & night for practise and speculation, to equalize the times of both at his fitter opportunity: neither to act *De-*  
*mocritus,*

## Dedicatory.

*meritus* (who so might worthily have  
laught at his own folly) that put out  
his own eyes, to become a continuall  
contemplator. Nor to be like *Nicias*,  
who as *Ælian* records, forgot his *Ælian l. 3.*  
meat, by being too intent on his pain- *ca. 31.*  
ting : as swift torrents oft run them-  
selves dry by too much motion, so  
standing pooles do putrifie by no mo-  
tion. There is a faire tract betweene  
*Scylla & Charybdis* for wisdom to tra-  
vers in : a happy orb betwixt *Saturn*  
and *Luna*, for *Phaeton* to guide his  
coach in, so between all action and al-  
together contemplation for a student  
to converse in. For conferring, I doe  
passe it over, as that wherco I seldome  
have beene beholden, yet much affe-  
cting it, and knowing that it brings a  
great accrument unto wisdom and  
learning : as concerning my study and  
reading, it hath bin but meane, I must  
needs confesse, and my writing very

## The Epistle

penurious in regard of theirs , who have enriched whole reames of paper with the Indian Mine , and golden chaffaire of their invention : yet for that module of these habiliments in me, I have ever bent my judgement, so far as in it lay, to limit all these unto their peculiar times, objects, & places, & have tendred my endeavor to have especially two, the one correspondent unto the other , neither to act *Democritus* nor *Nicias* , but by intercourse to mix my sweeter meditation, with bitter, yet profitable & better action. And as in other things of greater or lesse moment, so in this also, the abortive issue of my wit , begot of that abundance of love I owe unto your selfe, whose manifold kindnesses if I should bury in oblivion, I might worthily seem ingratefull, if remembering I should not in some sort requite , I might seem odious & respectles both  
of



## Dedictory.

of mine own good name, & your better desert: the later wherof is much, yet the first much more, a delicious fruit that grows from the tree of gratitude. The *Eleans* therefore, sayth *Pausanias*, did paint forth the three *Graces*, holding these three things in their hands, — *Rosam*, *Myrrhum*, *Talum*: to intimate that from thankfulness proceed 3 fruits. First, the sweetness of a good name, shadowed out by the sweet smelling Rose. 2. The profit redounding from it, insinuated by the Myrrhe branch. And lastly, chief comfort and hilarity, signified by the coccal bone, which especially is competent to yong age: which three comprise all *Aristotles* three goods. Howsoever I may seem to aime at the first, as may be inferd by precedent speech, alway highly prizing a good name, as a pretious ointment, vaporing forth a fragrant smell, and delicious

*Pausan. in  
Elir.*

## The Epistle

odor in all mens nostrils : and at the  
last desirous of myne owne delight-  
some contentment & comfort, issuing  
from my thankfulness, yet for the o-  
ther, more agreeing to Sycophants &  
crum-catching parasites, it moves not  
once within the Zodiack of my expec-  
tation, I only satisfying my self with  
the former, Neither did I in the waine  
of my judgment attempt this, to draw  
in the perfuming breath of vaine-glo-  
ry, to puffe up my self with selfe-con-  
ceit, like the *Chamelion*, which is *nil*  
*prater pulmones*, nothing but lungs :  
but onely thinking to breake the ice,  
haply to wade further, and to employ  
my self in greater tasks, as fitter op-  
portunity shal object her self unto me,  
if the prefin'd term & limit of my life  
permit: and withal in lieu of gratitude  
to present your selfe with this little,  
which seemes much in regard of my  
wants, & labour, as much seems little  
in

## Dedicatory.

in respect of your ever kind favor. For this, as also your other endowments, my pen might worthily fill whole pages: but your splendid vertues can easily be their own Heraulds, to lim forth their own armory: and to extoll in presence is more glaving and poetical, than true loving and pathetical. This only my affection cannot conceal, your gracious demeanour, generous carriage, curteous nature, studious endeavor, and wisdom for manning your selfe each where (when you happily were a flourishing branch, engrafted in the fruitfull Olive tree of this our *Athens*, that thrice famous University of *Cambridge*) where first the sympathizing adamants of my affection, your continuance after in all studious actions, constancy in your favors and kind disposition (for I must needs say as he of *Augustus*, — *Ra- Sext. Aurel. rustu quidem ad recipiendas amicitias, Victor.*

## The Epistle

*ad retinendas verò constantissimus*)  
these incited mee to cause that which  
as a sparke lay shrouded in embers in  
my brest, to exhibit it self more appa-  
rantly in this little flame.

Take this my endeavor, I pray you,  
in worth, cherish and foster this de-  
formed brood of my braine, in the lap  
(if I may so rearm it) of your good li-  
king, and in love esteem it fair, though  
badly pensild over, to wish as *Daphnis*  
said to *Pam*,

Theocr. Epi-  
dyl 6.

— Τὰ μὴ καλὰ πέφανται.

*Quæ minimè sunt pulchra, en pulchra  
videntur amanti.*

If the happy *Damon* of *Vlysses* di-  
rect not the wandering planet of my  
wit within the decent orb of wisdom,  
my stammering pen seeming far over-  
gon with superfluity of phrase, yet  
wanting

## Dedicatory.

wanting matter, I answer with the Poet one only word inverted:

*Qui non est hodie, cras magis aptus erat.*

Hee that is *Homers Irus* for faculty to day, may be a rich *Cræsus* for invention to morrow: as it is with cogitations so with actions, the second relish more of wisdom. Perfection requires tract of time: *Romes Capitoll* was not built the first day: nor was *Zeuxis* his *Helena* suddenly limm'd forth with one pencil. Looke not on these rapsodized lines, I pray you, with a pittying eie: I had rather far be envied than pitied.

— *κρείσσων γὰρ οὐκ ἐπιμύων φθόνος.*

*Pind. Pith.  
Qd. 1.*

*Melior est invidentia, commiseratione:*  
Better by much is a case hatefull than  
wofull,

## The Epistle

wofull. Now will I humbly take my leave, committing you to the tuition of that heavenly Tutor, whose pupils we are all.

*Camb:*

From my Study in S. Johns, X. Calend,  
*March.*

*Ever most devoted unto you  
in all faithfulness,*

**T. W.**

## To the Reader.

**K**nowledge concealed and not bro-  
 ched for a publique use, is like to  
 a peerlesse gem interred in the  
 center of the earth, whereof no  
 man knowes but he that hid it: yet is there a  
 due regard to be had, lest at any time it prove  
 abortive, for the golden tongue of wisdom,  
 that relissheth all, not by imagination, but  
 true judgment (whose tast never can bee so-  
 phisticated) sayes, tis better not to be divul-  
 ged at all, than preproperously before the  
 time. Thou mayst say peradventure, that in  
 this I have imitated the Amygdala or Al- Plin. Nat.  
 mond tree in Pliny, that so hastily buds and hist. lib. 16.  
 brings forth her fruit. Or like the Lapwing ca. 25.  
 being lately hatched, I do run as it were with  
 the shell on my head, that I have soared also  
 above my pitch, attempting an Eagles flight  
 with the wings of a Wren, in the high spring  
 tyde of an over-weening opinion, shewing un-  
 to the Criticks eye, the dead low ebbe of my  
 shallon



# To the Reader.

*Shallow judgment, thou mayst tearme me an*  
*Jul.in Cas.* Homers Therſites, ἀμείβετις, or as it was  
 ſaid of Trajan the Emperour, when he vaun-  
 zed of his Parthian trophæa before the gods, to  
 be φθειγγόμενος μάλλον ἢ λέγων, more reſpecting  
 a ſound of words, thā a ſonnder matter it ſelf;  
 thou mayſt condemn me for many an error, &  
 eſcape in theſe my ruder lines: I know right  
 wel thou uſeſt not to gape after gudgeons—

*Mart.* Præda canum lepus eſt, vaſtos non implet hi-  
 atus.

*The Hares repaſt for Hounds, the vaſter*  
*jawes*  
*It doth not ſatiate. ———*

Gentle Reader, call this to mind ——— Πᾶσι  
 μωμῆσαδαι ἢ μιμῆσαδαι, It is far eaſier not  
 to like, than to do the like. But howſoever  
 thou doſt either uncivilly prejudicate my la-  
 bour with a ſiniſter conceit, miſconſtruing my  
 meaning, or uncharitably cenſure of my ina-  
 bility, impeaching my good name for ſome  
 things that doe diſtaſte thy delicate pallate,  
 Jacta nobis eſt alea, I have ſet all at fix and  
 ſeven, and ſ intend by the Muſes favour  
 happily to go on, though unhappily I have be-  
 gun.



## To the Reader.

gun. Notwithstanding I will assoile my self,  
and make answer unto thy former, either se-  
cret surmises, or open cavils. For the first, if  
I have imitated the Almond tree, it is to keep  
in store a bitter almond for the prating par-  
rot that licentiously thus speaketh of me; who  
is alwayes like the fool, a consonant when hee  
should be a mute, and a mute when he should  
be a consonant. In that I seem to soare aloft  
too high, give me leave to use Ausonius his  
words unto Pauline, yet a little inverted;

—— Dicis me Icarum esse, haud bellè, nam *Auson.*  
summa sic appetam (spero) ut non decidam, *Paul. Ep. 19*  
I hope I shall not prove an aspiring Icarus,  
nor another Thales in Diogenes Laertius,  
who whilst he lookt high and was contempla-  
ting on the stars, fell groveling into a deepe  
ditch. For the third, much appertaining to  
every brain-sicke Narcissus, I doe altogether  
disclaim that, since it never so much as infi-  
nuated it selfe into the bosom of my imagina-  
tion, my Genius not desiring to bee persumed  
with smokie praise, or soon-vanishing & vul-  
gar glory, chiefly ushered by self-conceit. For  
my taint with Thersites and Trajans fault, I  
wil only use for my defence that speech of Jo-  
casse to Eteocles,

# To the Reader.

Eurip. in  
Phœnissæ.

ἄλλ' ἢ μ' μπειρία  
ἔχει τι λίσσας ἢ νέων σοφώτερον,

*Old age ( in whose brest long experience hath treasured up great store of wisdom ) can speake far more wisely and exactly than younger yeares. For the last of all, any error committed, I answer, it may be an error of ignorance seen to thee, yet it is an ignorance of the error unseen to me; whereof if privatly thou demandest a reason, I can, doubt not, and will make it good for thy full satisfaction, if reason will satisfie thee. Yet if not, give leave unto thy harsh and torne invention, if for nought else but this, in that I derogate from no mans due desert, nor seeke to traduce any unto their least disparagement;*

*carping:*

Blast not with *a* Critick breath my tender bud,  
My vulgar Muse respects a common good:  
For thee my pen strouts on this paper stage,  
Though it do act withouten *a*quipage.  
To quench thy learned thirst, I mean to drain  
The Hippocrènian fountain of my brain.  
My wish is good, my act I know is ill;  
The first's a mountain, this a lowly hill.  
With carping fingers let me not be scand,  
Poise not the gift, but weigh the givers hand.

*I am*

## To the Reader.

*I am well-sure, that thou wilt here expect with Ang. Pol. Τὰ ἄψυχοι καὶ καὶ ἄψυχοι, τὰ δὲ ἄψυχοι καὶ ἄψυχοι, that is, Vulgar things uttered after a new sort, and novelty after a vulgar sort, without affectation: that I should be a rich eloquent merchant of exotick and new-found phrases: that I should intraverse and interlard my speeches with lively conceits; enrich thy learned ears with right Athenian jewels, illuminate the eye of thy understanding with the lustre of Rhetoricall colours: that the whole work should be mixt with an — Omne tulit punctum. And surely so far as each thing is consonant and harmonically to judgment, I will tender my deavor, to be sutable to thy scholler-like expectation: for if so be wisdom do not manage and temper all, the Muses, which are pure chaste and unspotted virgins, wil turn to meer courtesans.*

*If judgment tread not on the heels of wit,  
And curb invention with his golden bit,  
'Twill ne'r look back unto his proper want,  
But stil his steps wil be exorbitant:*

*I dare not presume, nor wil I rashly engage my credit to thee (curteous censurer) to promise thee Amphoram, ne urceus exeat, A  
monn-*

## To the Reader.

Εκδύσα  
μὲν ὅλη  
πρόσωπον  
φαίνεται.

mountain, lest it bring forth that ridiculous  
issue in the fable : to promise thee Aristarche-  
tus his Lais, whose he termes ὅλον πρόσωπον,  
all face, for her super-eminent beauty & por-  
traiture, admirable symmetric of parts, most  
decent and eye-pleasing lineaments of her  
whole body ; lest that I beget an Ethiopian, or  
a Labulla, who was termed all nose: like Mar-  
tials Tongilian, of whom he thus speaketh,

Tongilianus habet nasum, scio, non nego, sed  
jam  
Nil præter nasum Tongilianus habet.

*Tongilian ha's a goodly nose, I wis,  
But nought besides a nose Tongilian is.*

And no doubt it will bee liker the later than  
the former : Venus had her mole , Helena  
her stain, Cynthia her spots, the Swan her  
jeaty feet, the clearest day some cloud : nay,  
there is nothing, but if we once eye it over, so  
absolutely perfect, nor the smoothest writer  
of all, (at least a Criticke perusing of him)  
for some blemish and imperfection, merits not  
either Aristarchus his blacke pile , or Momus  
his sponge. If in the fairest things be such de-  
formity, how many more staines may then bee  
found

## To the Reader.

found in this off-spring of my braine, which dare not scarcely make compare with the fondest? look for better and more generous wine of the old vine tree, for as Pliny saith, vetustioribus semper vitibus vinum melius, novellis copiosius: would I could either arrogate the former, or challenge the later unto my selfe. But I could not possibly please all; for as the Poet speaks to one Ledotus,

Qui possis rogo te placere cunctis,  
Cum jam displiceas tibi vel uni?

'Tis sure, that at least I should not please my self. I might better fit a many humors, in sifting out some more pleasing poeticall subject, more correspondent to their fancy and my faculty; as intreating merrily of some new discovered Isle with Lucian; to invent with him some such hyperbolicall lies as that of Hercules and Bacchus, whose foot steps were found to be the bignes of an acre of ground: to tell of flies & pismires as big as 12 Elephants, to fraight some pamphlet de lapsu Vulcani, who as Homer writes, was falling out of heaven into the Isle Lemnos πᾶν δ' ἡμέρας, a whole day; to make some merry prognostication of strange wonders that are to ensue, as them of

## To the Reader.

Joachimus Fortius Ringelbergius, capitulated in that chapter whose title is, — *Ridicula quædam & jucunda*. Not to plunge my selfe in these grand physicall matters, I know these are appertinent to the Muses also —

Ovid his *Nux*, the *Culex* Maro writ :  
Erasmus did in folly dye his wit. ( *Mouse* :  
The frog fight Homer made , and of dame  
And Janus Douſa prais'd *Pediculus*.

Hubaldus on bald men did versifie ;  
Each of whose numbers words began with *C*.  
Beza prais'd *Nihil*, Apuleius th' *Aſſe*.  
Plutarch *Grillus*, who by Circe changed was.  
A quartan ague *Favorine* did commend.  
His darling sparrow so Catullus pena :

In li. de an-  
riq. Cant. &  
Oxon.  
In Epigr.  
Aul. Gel.  
17. 12.  
Aufonius.

To which the Poet,

Sunt etiã Musis sua ludicra mista Camænis  
Otta, &c.

Tragicall Melpomene her self wil now and  
then put on the comick start up. Sage Apol-  
lo laughs once yearly at his own beardles na-  
ked face. The modest Muses have their mad-  
dest revels; the darkeſomſt water has his gli-  
ding streames : wise men wil sometimes play  
with

## To the Reader.

with childrens rattles.

But I have already employd some embezzled hours taken from the treasury of the Muses golden time; to the gilding over of the like rotten subjects, as they that have bin intimate with me, are not ignorant, as in my *Tettigomurmomachia*, a century of *Latine epigras*, an *Echo*, & some other trifles, which I durst not let come abroad in the chill critical air, lest haply they might have bin frettish for want of learnings true cloathing. Now have I chose to mingle my delight with more utility, aiming not only at wit but wisdom. I know the *Paracelsian* wil utterly condemn my endeavour for bringing the 4 Humors on the stage again, they having hist the off so long ago, and the rather, because I once treat not of their 3 minerals, — *Sal*, *Sulphur* & *Mercurius*, the *Tria omnia* of their quicksilver wits, which they say have chiefe dominion in the body (it consisting of the) and are the causes of each disease, and cure all again by their *Arcana* extracted out of them. But I weigh it not, seeing the tongue of an adversary cannot detract from verity. If any the like carpsish whatsoever chance to nibble at my credit, be may perhaps swallow down the sharp hook of reproch and infamy ere he be aware;

A 2

which



## To the Reader.

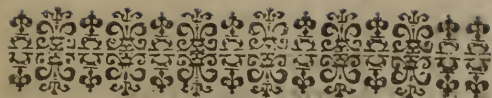
<sup>a</sup> Math. in which he cannot like the <sup>a</sup> Scolopendra cast  
Dioſc. up again at his pleaſure) I doubt not but to  
Pli. 9. 43. have him in a ſtring. Reader, thine eyes are  
to take their turn in a garden, wherein are  
growing many weeds, yet ſome flours: paſſe by  
the former with kind ſilence, cut, cut, and ga-  
ther the later for thine own ſcience: and per-  
haps thou mayſt diſtil the ſweeteſt water frō  
the bittereſt wormewood, as Maro built his  
walls by Ennius his rubbish. If thou thy ſelfe  
haſt better, ———

Candidus imperti, ſi non, hiſutare mecum.

*Idem qui pridem.* Thine if mine,

T. W.





The Titles and Contents of the  
severall *Chapters* , as they are  
handled in this present  
Bookc.

Cap.

- 1 **O**F Selfe-knowledge.
- 2 That the Soule sympathizeth  
with the body , and followeth her crasis  
and temper.
- 3 Whether the internall faculty may be  
known by the externall physiognomy  
and visage.
- 4 That a Diet is to be observed of every  
one.
- 5 How Man derogates from his excel-  
lencie by surfet , and of his untimely  
death.
- 6 Of Temperaments.
- 7 Of diversity of wits, according to the  
diverse temperature of the body.

# The Table.

Cap.

8 *Of the spirits.*

9 *Of a Cholerick complexion.*

10 *Of a Sanguine temperature.*

11 *Of the Phlegmatick humor.*

12 *Of a Melancholy complexion.*

13 *Of the conceits of Melancholy.*

14 *Of the Dreames which accompany  
each complexion.*

15 *Of the exactest Temperature of all,  
whereof Lemnius speaketh.*

*The Close to the whole Worke, in verse.*

---



## Of Selfe knowledge.

### CAP. I.



S *Hesiod* in his *Theogonie* sayth, that the ougly night  
 ——— τέχιδ' ὕπνον, ἐτίκτε  
 δὲ φῦλοι ὀνείρων,  
 begatt two foul monsters,  
*Somnum & Somnium*: So  
 we may not unfitly say,

That the inveloped and deformed night of ignorance (for the want of that celestial *Nosce te:psum*) begets two mis-shapen Monsters (which as the *Sepia's* inky humour, doe make turbulent the chrySTALLINEST fountain in man) *Somatalgia* and *Psychalgia*, the one the discrasie of the body, the other the maladic and distemperature of the soule. For he that is incanoped & intrenched in this darksome misty cloud of ignorance, (beeing like the one-footed Indian people, *Sciopodes*, Munster. whose foot is so big, that it shades them frō Cosm.

the rayes of the Sun ; or rather like the *Cyclops*, when *Ulysses* had bereft him of his one eye) he hath no true lamp of discretion, as a pole-star to direct the ship of his life by, either in respect of his mortall or immortall part, from being hurried upon the shelves & massy rocks of infelicity. Of what high esteem & pricelesse value this rare self knowledge is, and ever was, it is very conspicuous & apparent unto the dimmest apprehension of all, if it do but justly ballance in the scale of common reason, wisdom, who hath ever affectionately embraced it, and to whom it is stil indeared, the heavenly source or Spring-head from whence it was derived, as also the happy effects it alway hath ingendred.

*Ælian.*

Divine *Pythagoras*, whom worthily the fount *Nessus* saluted and called by his name, as one admired of it for his flood of eloquence and torrent of wisdom, his minde being the enriched Exchequer and Treasury of rarest qualities, not onely had this golden poesie ever on his tongues end, as the daintiest delicie hee could present unto a listning care ; but also had it emblem'd forth by *Minerva*, giving breath unto the silver flute, (by which is intimated *Philautia*) which because with blasting it sweld her cheeks, she

cast

cast away from her. Yea, he had his celesti- *E cælo desc-*  
all sentence, γνῶδι σεαυτὸν, which descen- *cendit,*  
ded from the heavens, engraven on the fron- *γνῶδι σε-*  
tispiece of his heart, evermore in an appli- *αυτὸν.*  
cative practise, especially for himselfe : *Iuven.*  
which hee tearmed, The wise physicians  
medicinary prescript for the double health  
and welfare of m n. Yet sententious *Me-* *Meuardin*  
~~ander~~, that rich vein'd Poet, seemes at *Thrasyl.*  
least to contradict this heavenly sawe : For  
pondering with himselfe the depraved de-  
meanor of worthy men, the trothlesse in-  
constancy and perfidiousnesse of our haire-  
brain'd *Iasons* : the inveigling and ada-  
mantizing society of some, who being pol-  
luted and infected with the ranke leprosie of  
ill, would intangle others : The vaporous  
and Vatinian deadly hate, which is usually  
masqued and lies lurking under the specious  
and faire habit of entire amity : weighing  
with himselfe many things fashioned out of  
the same mould, he thus spoke, οὐ καλῶς ἐ-  
ρμήνον τὸ γνῶδι σεαυτὸν, ἀλλὰ γνῶδι τὴς ἄλλης :  
Mee thinkes, saith hee, that is not so well  
spoken, Know thy selfe, as this, Know  
others.

Howsoever he meant, we must not ima-  
gine that he did it to impeach any wise; this  
sage

Plato in Al-  
cibiad.

sage and grave sentence which (as that also of his) is an oracle in its proper object, and highly concerns the good both of the active and passive part of man. Though *Socrates* in *Plato* would have it only to be referred unto the soule, to have no relation at all unto the body, though falsely. For if the soule by reason of sympathising with the body, is either made an *ἄκοντες* *Ἀχιλλεύς*, or a *βραδύπυγος* *Οἰδίπυς*, either a nimble swift footed *Achilles*, or a limping slow-paced *Oedipus*, as hereafter we intend to declare, good reason the body (as the edifice and hand-maid of the soule) should be knowne as a part of *Teipsum*, for the good of the soule. Therefore *Inlian* the Apostata, who had a flood of invention, although that whole flood could not wash or rinse away that on spot of his Atheisme, he (though not knowing him aright) could say the body was the chariot of the soule, which while it was well manag'd by discretion the cunning coachman, the drawing steeds, that in our head-strong and untamed appetites, beeing checkt in by the golden bit of temperance, so long the soule should not bee tossed in craggy wayes, by unequall and tottering motion, much lesse be in danger to bee hurled downe the steepy

sleepy hills of perdition. If we do but try the  
 words at the Lydian or touch-stone of true  
 wisdom, which dijudicates not according to  
 external semblances, but internal existences,  
 they wil sure go for currant, whether you re-  
 spect the soule as principall, or the body as  
 secondary. For the first, we may single out  
 that speech of *Agapus* : But wec, O men  
 (saith he) let us disciple our selves, that each  
 one may throughly know himselfe : for he  
 that perfectly knowes himself, knows God,  
 and he that knowes him shall bee made like  
 unto him, and hee that is this, shall be made  
 worthy of him : moreover, he that is made  
 worthy of him, shall do nothing unworthy  
 of God, Ἀλλὰ φρονῶν τὰ εὖ αὐτῷ, λαλῶν δὲ  
 ἃ φρονεῖ, ποιῶν δὲ ἃ λαλεῖ, but shall meditate  
 upon things pleasant unto him, speaking  
 what he meditateth, and practising what he  
 speaketh. For the last, that onely of *Tully*,  
*valetudo sustentatur noticia sui corp.* &c.  
 the perfect and sound estate of the body (as  
 wee may constantly assever of the soule)  
 is maintained by the knowledge of a  
 mans owne body, and that chiefly by the  
 due observation of such things as may ei-  
 ther bee obnoxious, or an adjunct to  
 nature, may bee either the cordiall and  
 pretious

*Climax A-*  
*gapeti ad*  
*Iustin. Imp.*  
*atq; sic Cle-*  
*mens Alex.*  
*Pæd. li. 3. c. 1*

*Cic. Offic. 2.*



pretious balsam therof, or els its balefull and deadly *Aconitum*. For he that in the infancie of his knowledge thinks that *Hyosciamus* and *Cicuta*, hemlock and henbane, are fit aliment to his body, because they be nutriment to birds, may haply at length cure the Dog-star of his own indiscretion, for inflaming his lesse distemperd brain with his unhappy disastrous influence. For it is vulgarly said, that *Hyosciamus & Cicuta homines perimunt, avibus alimentum præbent*; they two are poison to men; thou fouson to birds: as *Scaliger* relates also:

*Scal. exerc.*  
142.

I grant that the most direct aim of wisdom in this *Nosce teipsum*, looks chiefly on the mind, as the fairest mark; yet often eies & aimes at this other necessary object, which cunningly to his it counted equal skil, though the one far surmount the other; especial care is to be had as well of the christall glasse, to save it from cracking, as of the *aqua cælestis* infus'd from putrifying.

But primarily it concerns the soule; as for them who are tainted with the *Protoplasts* self-love and love of glory, who being lifted up with the hand of fortune, to the top of natures preheminence, as petty gods do direct their imaginations farre beyond the level of

humi-



humility, being swolne with tympanizing pride too much; admiring themselves with *Narcissus*, who was inamored with his own beauty, of whom the poet thus speaks,

*Dring, sitim sedare cupit sitis altera crevit, Ovid.*

*Whiles at the fountaine bee his thirst'gan  
flake,  
An Ocean of self-love did him ore-  
take.*

Proud *Arachne*, who wil needs contend with more cunning *Minerva* for spinning, like *Marsyas* and *Thamiras*, who strove the one with *Apollo* for musickes skill, the other with the Muses for melodious singing. Too common a use among al self-forgetters; for as *Iulian* saith, each man is wont to admire his owne actions, but to abate the value and derogate from the esteem of others. For those again who with *Glaucus* prefer *χάλας καὶ χρυσείων*, the regard of the body, before the welfare of the super-elementary soul, which chiefly should be in request: for as the Stoick saith, It is a signe of an abject minde to beate our braines about necessities for our vile corps, a speciall care should rather

*Epist. ca. 63*

ther be had over the soule, as mistress over her handmaid, these want that *γῶσι σε-  
αυτοῖς.*

Now for the body, it as well levels at it : for those who distemper and misdiet themselves with untimely and unwonted surfeiting, who make their bodies the noysome sepulchres of their soules, not considering the state of their enfeebled body, what will be accordant to it, nor weighing their complexion, contrary perchance far to the Dish they feed upon : nor foreseeing by true knowledge of themselves; what will en-  
dammage and impaire their healths, infect the conduit pipes of their limpid spirits, what will dull and stupifie their quicker intelligence, nay, disable all the faculties both of soule and body, as instance might bee given of many, to them that have had but a meere glimpse into the histories and ancient records of many dish mongers, who running into excessse of ryot, have like fatall *Parcas* cut into two the lines of their own lives as *Philoxenus* the *Dythirambicke* Poet (of whom *Athenæus* speakes; *Deipnos.* 8.) who devoured at *Syracusa* a whole Polypus of two cubits long, save onely the head of the fish, at one meale, whom (being deadly sick  
of

*Mach. on.  
pe Deip.  
Athen. 1.*

of the crudity) the phisitian told that he could not possibly live above seven houres: whose wolvishe appetite notwithstanding would not stint it selfe even in that extremity, but hee uttered these words (the more to intimate his vulture-like and insatiate paunch) Since that *Charon* and *Atropos* are com'd to call me away from my delicies, I thinke it best to leave nothing behind me, wherefore let me eat the residue of the *Polypus*; who having eaten it expir'd. Who had the name of  $\epsilon\phi\acute{\alpha}\gamma\omicron\varsigma$  by *Chrysippus*, as *Athenaeus* records: and of others hee was called  $\phi\acute{\iota}\lambda\iota\chi\theta\upsilon\varsigma$ , and  $\phi\acute{\iota}\lambda\omicron\delta\epsilon\iota\pi\nu\omicron\varsigma$  of *Aristotle*. And what of others? who although they did not so speedily, by ignorance of their estate, curtaile their owne dayes by untimely death, yet notwithstanding they have liv'd as dead unto the world, and their soules dead unto themselves. *Dionysius Heracleota*, that ravenous gourmandising *Harpy*, and insatiable draine of all pleasant liquours, was growne so pursie, that his fatnesse would not suffer him to fetch his breath, beeing in continuall feare to be stifled: although others affirme, That he easily could with the strong blast of his breath have turned about the sayles of a winde-Mill: whose  
soule

• soul by his self-ignorance, not knowing what repast was most convenient for his body, was pent up and as it were fettered in these his corps, as in her dungeon. So *Alexander* King of Egypt was so grosse and fat, that hee was faine to be upheld by two men. And a many more by their πολυφαγία and πολυποσία by excessive eating and drinking, more upon meer ignorance, than rebellion against nature, physicall dyet; and discretion; did make their soules like the fatned sheepe, wherof *Johannes Leorelates*, which he see in Egypt, some of whose tails weighed eighty pound, and some an hundred and fifty pound, by which weight their bodies were immovable, unlesse their taitles like traines were carried in wheel-barrowes. Or like the fatned hogs *Scaliger* mentions, that could not move for fat, and were so senselesse, that myce made nests in their buttockes they not once feeling them.

But those which I whilome named, and millions besides, never come to the full period of their dayes, dying soon, because as *Seneca* saith, they know not that they live by deaths, and are ignorant what receipt of food into the body (whose constitution they are as ignorant of also) will bring endamage-

Arbez.

Scal. ex. 199

Sen. in cont.

damagement both to it and to the heavenly infused soule.

For the body, that *ῥῶτισιαιούρι* is requisite, that as the meager one is to be fed with spare dyet, so the massier and more gyantly body must bee maintained with more large and lavish dyet. For it is not consonant to reason, that *Alexander Macedo*, and *Augustus Cesar*, who were but little men, as *Ex Petrar.* *Petrarch* sayth, and so low-statur'd *Ulysses* should have equall dyet in quantitie with *Milo*, *Hercules*, *Ajax*, and such as *Athenaeus* makes mention of: as *Astidamas* and *lib. 10.* *Herodorus*, the first of them being so capacious stomackt, that he eate as much alone as was prepared for ix men: and the later *Herodorus*, a strong sided Trumpeter, who was 3 els and a halfe long, and could blow in two trumpets at once, of whom *Athenaeus* speakes. These might well farce & cram their mawes with far more aliment, because their ventricles, cels, veines, and other organs of their bodies were farre more ample and spacious. *Δειπνοσοφ.*

And again it is soveraigne in this regard, because in the full streame of appetite or braverie many will take upon ignorance, rather the sumptuous dish prepared for *Vicellius*, by *Suetonius*,

his brother, which one dish amounted to above seven thousand eight hundred and xii. pounds, perchance a ranke poyson to their natures; than *Estur* and *Sonchus* (two savorie and wholsome herbs, which poore *Hecale* set on the table as a sallet before hungry *Theseus*, the best dish of meat she could present unto him) a great deale peradventure more conducible to their healths. But they are as ignorant what they take as *Cambles* was, who being given to *Cassrimargisme*, as *Athenicus* relates in his fore-mentioned booke, in the night did eat up his own wife, and in the morning finding her hands in his devouring jaws, slew himselfe, the fact being so halious and note-worthy: as also they are pilgrims and strangers in the knowledge of their bodily estate, which ever or often is an occasion of over-cloying their ventricles, with such meates as are an utter ruine and downfall to their healths, as ill or worse than *Toxicum*; for although they do not eftsoones inforce the fatall end, yet in a short progresse of time, they are as sure pullies to draw on their unexpected destinies.

Without this knowledge of our bodily nature, we are like to crasie barks, yet bal-  
last

last with prizelesse merchandise, which are  
tossed to and froupon the maine of igno-  
rance so long, till at length we be shattered  
against the huge rock of intemperance, and  
so lose our richest fraught, which is our  
soule. This ought ever to controule and  
curbe in our unruly appetites: it ought to be  
like the poets *Automedon*, to reyne our  
fond desires in, which reigne in us: for as  
*Seneca* saith, *sunt quædam nocitura impe-* Seneca l. 2.  
*trantibus, &c.* so wee may say, *sunt quæ-* de benefi-  
*dam nocitura appetentibus,* as there bee ma- cap. 12.  
nythings which are obnoxious to the asker,  
if he chance to obtaine them; so are there  
many nutriments as dangerous to man that  
babishly covets them: for if he square not his  
dyet according to the temper of his body, in  
choice of such fare, as may banish and ex-  
pell contagion and violencie from nature,  
or be a speciall preservative in her spotlesse  
and untainted perfection; meats are so farre  
from holding on the race of his life, as that  
they will rather hasten it down farre sooner  
unto the hemisphere of death, than he ex-  
pected. A cholericke man therefore (by this  
*γνώσις σεαυτοῦ*) knowing himselfe to be over-  
poyz'd with its predominancie, nay, but e-  
ven foreseeing his corporall nature to have



a propension or inclination to this humour, he must wisely defeat and wain his appetite of all such dainty morsels (though the more delicious and toothsome) and delude his longing thirst of all such honey-flowing meates and hot wines as are poyson to his distemperature, and which in tract of time wil aggravate this humour so much, till it generate and breed either a hecticke fever, mortall consumption, yellow jaundice, or any the like disease incident to this complexion; and so concerning all the rest. For a bare (*Noſce*) is not sufficiently competent for the avoiding of death, and to maintaine a crasis, but the living answerably according to knowledge: for wee see many exquisite Physicians, and learned men of speciall note (whose exhibitories to themselves doe not parallel their prescripts & advice to others, who are good Physicians, but no pliable patients: ) to make a diligent search and scrutinie into their owne natures, yet not fitting them with correspondencie of dyet; like *Lucians* Apothecary, who gave physick unto others for coughing, and yet he himselfe did never leave coughing, *Cunctis qui cavit non cavet ille sibi*;

While hee cured others hee neglected him-



himselfe. We may rightly say τροφή is their τροφή, and πένματα their πένματα.

I *Crapula fit esca, delicie eorum damna*: that is, their dyet is luxury, and each delicie made their malady. And yet none do more inveigh against surfet and misdiet than they, but they are like the *Misipula*, of whom it is sayd in the *Hieroglyphicks*, that she used to bring forth her issue out of her mouth, and swimming with them about her, when she is hungry shee swalloweth them up againe; so they in externall shew spit out the name of surfet, banishing it farre from them, but by their accustomable deadly luxury, againe they embrace it, and hug it in their armes so long, till some incroching disease or other, having had long dominion and residence in them, be past cure of physicke: For we know,

*Non est in medico semper relevetur ut ager,*  
*Interdum doctâ plus valet arte malum.*

No earthly art can cure deepe rooted ill,  
Not *Æsculapius* with his heavenly skill.

So then, the most exact selfe-knower of  
all, if hee doe not containe himselfe within  
R the

the territories and precincts of reasonable appetite, the *Cynosura* of the wiser dietist, if consorting with misdieters, he bathe himselfe in the muddy streames of their luxury and ryot, he is in the very next suburbes of death it selfe : Yet for this , I confesse that the silver breast of *Nilus* is not vitiated and polluted by others kennel- muddy thoughts and turbulent actions or affections, no more than the river *Alphens*, that runnes thorow the salt sea, is tainted with the brackish qualitie of the sea , no more than the *Salamander* is scorcht, though dayly conversing in the fire ; or chaste *Zenocrates* lying with *Laus* is defiled, since hee may well doe it without impeachment to his chastity : so may the heroicall and generous spirits converse with unstayd appetites, and yet not have the least taint of their excesse , but by their diviner [*Nosce teipsum*] may be their owne guardians, both for their celestiall and also earthly part : yet we know, *aliquid mali propter vicinum malum*, the taint of ill comes by consorting with ill, and the best natures and wisest selfe-knowers of all may be ticed on or constrained to captivate and inthrall their freedom of happy spirit, and to rebel against their owne knowledge.

I wish therefore in conclusion, the meanest, if possible, to have an insight into their bodily estate (as chiefly they ought of the soule) whereby they may shun such things as any wayes may bee offensive to the good of that estate, and may so consequently (being vexed with none, no not the least maladie) be more fit not onely to live, but to live wel: so as the Poet said of death, — τὸ γὰρ θανεῖν ὕκ' ἀσχερόν, ἀλλ' ἀσχερῶς θανεῖν, to die is not ill, but to die ill. so contrariwise of life we may say, it is no such excellent thing to live, as well to live: which no doubt may be easily effected, if they doe abridge themselves of all vain alluring lusts, and teather their appetites within the narrow round plot of diet, lest they runne at randome, and breake into the spacious fields of deadly luxury.

## CAP. II.

*That the soule sympathizeth with the body, and followeth her crasis and temperature.*

**I***nficitur terra sordibus unda fluens*, sayth the Poet: if a water current have any vicinity with a putrified and infected soyle, it is tainted with his corrupt qualitie. The heavenly soule of man, as the Artists usually aver, semblablewise, doth feel as it were by a certaine deficiencie, the ill affected crasis of the body; so that if this be annoyed or infected with any feculent humor, it fares not well with the soule, the soule her self as maladiours, feeles some want of her excellencie, and yet impatible in regard of her substance, through the bad disposition of the organs, the malignancie of receits, the unrefinednesse of the spirits doe seem to affect the soule: for the second, which causeth the third, marke what *Horace* speaketh.

*Horat.*

*quin corpus onustum  
Hesternis vitiis animum quoque praegravat unda,  
Atque affigit humo divinae particulam aure.*

*The*

The maw surcharg'd with former crudities,  
 weighs down our spirits nimble faculties:  
 Our ladened soule as plunged in the mire,  
 Lies nigh extinct, tho part of heavens fire.

To this effect is that speech of *Democritus*, Democr. de Natura  
hum. ad finē  
Hippocratis who saith that the bodily habit being out of temper, the minde hath no lively willingnes to the contemplation of vertue: that being enfeebled and overshadowed, the light of the soule is altogether darkened: heavenly wisdom as it were sympathizing with this earthly masse, as in any surfet of the best and choicest delicates, and also of wines, is easily apparent. *Vinum*, of its owne nature, is (if we may so terme it) *Divinum*, because it recreates the tyred spirits, makes the mind far more nimble and actuall, and aspiring to a higher strain of wit, τὰς μὲν φιλοφροσύνας, ὥσπερ ἐλαῖον φλόγα ἐγείρει, saith *Xenophon*, it stirs up mirth and cheerefulness, as oyle makes the blasing flame, yet by accident the unmannag'd appetite desiring more than reason, it doth dul the quicker spirits, stop the pores of the brain with too many vapors and grosse fumes, makes the head totter, lullabees the senses, yea, intoxicates the very soule with a pleasing poyson: as  
 the

*Xenophon  
in his Con-  
vivium :  
which also  
Athenæus  
records in  
his book  
Deipnosoph.  
out of Xe-  
nophon.*

the same *Xenophon* sayes, It happens unto men as to tender plants, and lately ingrafted impes, which have their growth from the earth, ὅταν ὡς ὁ θεὸς αὐτὰ ἀγὰρ ἀδρόως ποτίσῃ, &c. when God doth water and drench them with an immoderate shoure, they neither sh not our right, nor hardly have any blowne blossomes, but when the earth doth drinke so much as is competent for their increase, then they spring upright, and flourishing do yeeld their fruit in their accustomed time : so fareth it with the bodies, and by sequell with the foules of men, if they poure in with the undiscreef hand of appetite, they will both reele to and fro, and scarce can wee breath, at lest we cannot utter the least thing that relissheth of wisdom, our minds must needs follow the tempers, or rather the distemperatures of our earthly bodies.

*Plato*, in whose mouth the Bees as in their hives make their hony combs, as fore-intimating his sweet flowing eloquence, he weighing with himselfe that thraldome the soule was in being in the body, and how it was affected, and as it were infected with the contagion thereof, in his *Phædrus*, as I remember, disputing of the *Idea's* of the mind, said, that our bodies were the prisons  
and

& bridewels of our souls, wherein they lay as manacled and fettered in gyves. Yea further he could avouch in his *Cratylus*, and also in his *Gorgias*. *Socrates* having brought forth a speech to *Callides*, out of *Euripides*, ζῆν ἢ κατθανεῖν, το κατθανεῖν δὲ ζῆν, to live is to die, and to die is to live : he sayth there, that our body is the very grave of the soule, καὶ τὸ μὲν σῶμα (saith he) ἔστιν ἡμῶν σῆμα. And sure it is, that whiles this mind of ours hath his abode in this darke some dungeon. this vile mansion of our body, it can never act his part well, till it step upon the heavenly stage, it will be like *Io* in *Ovid*, who being turned into an heifer, when shee could not expresse her mind to *Inachus* her father in words,

*Littera pro verbis, quam pes in pulvere duxit,* „  
*Corporis indicium mutati triste peregit.* „

Her foot did speake as on the sand she ranged,  
How she, poore soul, was from her self estranged:

Our soule in the body, though it bee not so blinde as a Batt, yet is it like an Owle, or Batt before the rayes of *Phæbus*, all dimmed and dazled : it sees as through a latisse-window.

window. Being freed from this prison, and  
 once having flitted from this ruinous Tene-  
 ment, this mud-wald cottage, it is a *Lin-*  
*cens*: within a *Molewarpe*, without it is  
 an all-ey'd *Argus*: within an one-ey'd *Cy-*  
*clops*, without a beautifull *Nireus*: within  
 an *Ethiopian Therfites*, without an high  
 soaring *Egle*: within a heavy *Struthio*  
*Camelus*, an *Astridge*, who hath wings, as  
 he in the *Hieroglyphicks* witnesseth, *non*  
*propter volatum, sed carsum*; not for flying,  
 but to helpe her running: yea, as sparkles hid  
 in embers, doe not cast forth their radiant  
 light, and the Sun inveloped in a thicke mi-  
 stie cloud, doth not illuminate the center  
 with his golden tresses; so this celestiall  
 fire, our soule, whiles it remaines in the lap  
 of our earthly *Promethews*, this masse of  
 ours, it must needs be curtained and over-  
 shadowed with a palpable darknesse, which  
 doth overcast a sable night over our under-  
 standing, especially when in the body there  
 is a current of infectious humours, which  
 doe flow over the veines, and ingrosse the  
 limpid spirits in their arteries, the  
 minde must needs bee as it were over-  
 flowne with a *Deucalions* flood, and bee  
 quickened as a silly toyling *Leander* in the  
*Hellepont.*



*Hellefpont*. What made the minde of *Qreſtes* ſo out of temper that hee kild his owne mother, but the bodily *Craſis*? What made *Heracleitus* die of a dropſie, having rowled himſelfe in beaſts ordure? What made *Socrates* having drunke the *Cicuta* at *Athens*, to give his *ultimum vale* to the world, but that? What cauſed that redoubted famous captaine *Themiftocles*, having drunke Bulls bloud, to take (as we ſay) his long journey to the *Elyſian fields*? and many others to have com'd unto their long home (as may be ſcene in the ancient registers of time) and many to have beene diſtracted and frantick? the diſtemperature, no doubt, and the evill habit of the body, wherewith the ſoule hath copulation. *Plotin* the great *Platonist*, hee b'uiſhed often, that his ſoule did harbour in ſo baſe an Inne as his body was, ſo *Porphyrie* affirμες in his life: becauſe (as hee ſayd in another place) his ſoule muſt needes bee affected with the contagious qualities incident unto his body. The cunning'ſt ſwimmer that ever was, *Delius* himſelfe, could not ſhew his art, nor his equall ſtroke in the mudde: a candle in the lanterne can yeeld but a glimmering light through an impure and darke ſome horne: the

the war-like *Steed* cannot fetch his frisks, take his carréers, and shew his curvers, bee-  
ing pent up in a narrow roome: so is it with  
the princely soule, while the body is her  
mansion, said hee: but this belongs to ano-  
ther *Thesis*, and something before, concer-  
ning the soules excellencie, having taken  
her flight from this darke some cage, more  
neere unto the scope at which we must aim.  
Heare what the Poet sayth in the xv of his  
*Metamorph.*

*Quodq̃ magis mirum, sunt qui non corpora tantum  
Perum animos etiam valeant mutare liquores:*

— *Cui quæso ignota est obscœnæ Salmacis unda  
Æthiopesque lacus? quos si quis faucibus hausit  
Aut furit, aut patitur mirum gravitate soporem.*

*Salmacis*  
where the  
nymph and  
*Hermaphro-  
ditus* were  
bound toge-  
ther.

- “ It is a wonderment that waters can
- “ Transforme the members and the mind of man.
- “ Who knoweth not the uncleane *Salmacian* Well,
- “ The fen where Sun-burnt *Mauritaniâns* dwell?
- “ Which cause a frensie, being gulped downe,
- “ Or strike the senses with a sleeping swoone.

Wee must not imagin the minde to be  
passible, beeing altogether immateriall,  
that it selfe is affected with any of these  
corporall things, but onely in respect of  
the instruments, which are the hand-maids

of the soule : as if the spirits bee inflamed, the passages of the humours dammed up; the braine stuffed with smoaky fumes, or any phlegmaticke matter, the bloud too hot and too thicke, as is usuall in the Scythians, and those in the Septentrionall parts, who are all men endowed with the least portion of wit and policie : and because these kinde of people doe as it were crosse the highway of my invention, I will treat a little of them, neither beside that which we have in hand, because it will confirme the fore-written words of *Xenophon* concerning wine. Whom doe wee ever reade of more to quaffe and carouse, more to use strong drinkethan the Scythians, and who more blockish, and devoyd of wit and reason? nay there was never any learned man but onely *Anacharsis*, who was inbred there : which want no doubt is caused by their great intemperance. For all Writers well-nigh agree in this, that they will, as the Poet sayth, *ad diurnam stellam*, or *strenuè pro Ilio potare*, drinke till their eyes stare like two blasing starres, as we say in our proverbe. *Athenæus* that singular scholler of so manifold reading, after hee had rehearsed *Herod* his history of *Cleome-*

*Athenæus*

lib. 10.

*Deipnos.*

pag. 427.

nes saith  $\chi\gamma\alpha\upsilon\tau\omicron\iota\delta\prime\delta\iota\Lambda\acute{\alpha}\chi\omega\upsilon\tau\epsilon\varsigma$ , &c The *Lacedemonians* when they would drinke in the cups extraordinarily, they did use this word  $\epsilon\pi\iota\sigma\chi\upsilon\delta\iota\sigma\alpha\iota$ , to imitate the *Scythians*, which also he notes out of *Chameleon Heracleotes* in his booke  $\Pi\epsilon\pi\iota\mu\epsilon\delta\eta\varsigma$ : when also they should have said to the *Pincerna*,  $\epsilon\pi\iota\sigma\chi\epsilon\upsilon\sigma\sigma\omicron\upsilon$  powre in, they used thi word  $\epsilon\pi\iota\sigma\chi\upsilon\delta\iota\sigma\omicron\upsilon$ .

Howsoever wee reade of some particulars, it is manifest if wee peruse the histories, that the most of them are the greatest bouzers and buffards in the world: they had rather drinke out their eyes, than that the wormes should eat them out after their death, as Sir *Th. More* jeasts upon *Fuscus* in his Epigrams: and of all men they have most leaden conceits and drossie wits, caused especially by their excessive intemperance, which thickneth their bloud, and corrupteth their spirits, and other organs wherein the soule should chiefly shew her operation. Give me leave to speake a little of the ayre, how it received into the body, doth either greatly advantage, or little availe the mind. It is certaine that the excellencie of the soule follows the puritie of the heavens, the temperature of the aire: therefore because *Bacotia* had

*Fusc.*  
*Speaks thus,*  
 Perdere  
 dulcius est  
 potando,  
 quam ut  
 mea servem  
 Erodenda  
 pigris lu-  
 mina ver-  
 miculis.

had very a fennish soile, a grosse and unrefined  
 aire, the ancient writers to decipher & sha- And yet it  
may be ga-  
thred by the  
nucheating  
ἀνδρες ἀπὶ  
σοῦ ἐδίδυ.  
 dow out a dul wit in any one, were wont  
 to say, *Bæoticum hic habet ingenium*, This  
 man is as wise as a wo d-cock, his wit's in a  
 consumption, his conceit is as lanck as a shot-  
 ten herring. I do not concord with the poet Athen, l. 10.  
 in that trivial verse, but I doe carry the com-  
 ma a little further, and say,

*Cælum non, animum mutant qui trans mare  
 currunt.*

At least if I must needs take *cælum* for aire,  
 I will say,

*The ayre to vary is not only found,  
 But wit's a forreiner in forrein ground.*

The ayre hath his etymology from the  
 Greeke word *ἀω*, to breath: it consists of *ἀσ-  
 φα* and *ωύεγα*, because the learned say, that it  
 is the beginning and ending of mans life: for  
 when wee begin to live, wee are said to in-  
 spire, when we die, to expire. As the priva-  
 tion of the aire deprives vs of our being, and  
 the aire being purged and clenfed from his  
 pestilent qualities, causeth our well-being; so  
 C the

the infection of the aire, as in the extinguishing of some blazing comet, the eructation of noysome vapors from the bosome of the earth, the disastrous constellation or bad aspect of some malevolent planet, the damping fumes that the Sun elevates from bogges and fennish grounds, the inflammation of the aire by the intense heat of the Sun (as when in *Homers Iliad*, *Phæbus* is feigned to send forth his direful arrowes among the *Grecians*, & to bring in the pestilence upon them) this infection causeth our bodies first to bee badly qualified, and tainted with a spice of corruption, and so by consequent our very soules to be ill affected. *Aeneas Sylvius* in his *Cosmography* writing of the lesser *Asia*, records a strange thing concerning the ayre being purrified: he saith, that hard by there is a place termed *Os Plutonum*, in the valley of a certaine mountain, where *Strabo* witnesseth that he sent sparrows in, which forthwith as soon as they drew in the venomous noysome aire, fel down dead. No doubt but the corrupted aire would have had his operation upon other more excellent creatures than were those little birds, if they durst have attempted the entrance in. But to a question, What reason can be alledged, that those

*Æn. Sylv.*  
ca. 92. de *A-*  
*siâ minore.*

those who dwell under the pole, neere the frozen Zone, and in the Septentrionall climate, should have such gyantly bodies, & yet such dwarfish wits, as many authors doe report of them? and we see by experience in travell, the rudenesse and simplicity of the people that are seated far North, which no doubt is intimated by a vulgar speech, when we say such a man hath a borrell wit, as if we said, *boreale ingenium*; wherof that old English Prophet of famous memory (whom one fondly tearmed *Albions* ballad-maker, the cunnicatcher of time, and the second dish for fools to feed their spleen upon) *G. Chaucer* took notice, when in his prologue to the *Frankleins tale* he sayes,

*But sirs, because I am a borrel man;  
At my beginning first I you beseech,  
Have me excu'sd of my rude speech.*

*Borel;*

The philosophers to this question have excogitated this answer; to wit, the exceeding chilnesse of the aire, which doth possesse the animall spirits (the chief attendants of the soule to execute the function of the agent understanding) with contrary qualities, the first being cold and dry, the last hot



and moyſt, though this reaſon moſt auaile for our purpoſe, ſpeaking how the mind can be affected with the aire, yet I muſt needs ſay I thinke they are beſide the cuſhion: others affirm, and with more reaſon, that they are dul witted, eſpecially by the vehement heate which is included in their bodies, which doth inflame their ſpirits, thicken their bloud, and thereby is a cauſe of a new groſſe, more than airy ſubſtance, conjoynd with the ſpirits : for extreame heat doth generate a groſſe aduſt choler, which comes to be mixt with the bloud in the veines, and that it brings a condensation and a coagulation to the bloud. For their extraordinary heat, it is apparent by their ſpeedy concoction and by the external frigidity of the aire, that dams up the pores of the body ſo greatly, that hardly any heat can evaporate. This alſo, by deep wels, which in winter time be luke-warm, and in ſummer ſeaſon exceeding cold. Now to prove, that where the bloud is thickned, and the ſpirits inflamed, there uſually is a want of wit, the great *Peripatetician* himſelfe affirmeth it to be a truth, where he ſayth that Bulls, and ſuch creatures as have this humor thick, are commonly devoid of wit, yet have great ſtrength; and ſuch living things as have  
atte-



attenuated blood and very fluid, doe excell in wit and policie, as instance is given in *Aristotle* of Bees. We must note here, that this is spoken of the remoter parts, neer unto the pole, lest we derogate anything from the praise of this our happy Island (another blisfull Eden for pleasure) all which by a true division of the climes, is situated in the Septentrional part of the world, wherein there are and ever have bin as pregnant wits, as surpassing politicians, as judicious understandings, as any clime ever yet afforded under the cope of heaven.

But I do here passe the limits of laconism, whereas I should in wisdom imitate the Egyptian dogs in this whole tractate, who do drink at the river *Nilus* Καρπαλίμως καὶ κλοπίρως, in hast and by stealth, lest the Crocodile should prey on them, and who doth fitly carry the name and conditions of the crocodile, no writer is ignorant of. I will end therefore with the iteration of the thesis, that the soul follows the temper of the body, and that while it is inherent in the body, it can never partake so pure a light of understanding, as when it is segregated and made a free denizen in the heavenly city and freehold of the saints.

*Corporis in gremio dum spiritus, &c.*

*When our imprison'd soule once more beeing  
free,*

*Gins scale the turret of eternitie,  
From whence it once was brought, & captive  
tane*

*By this usurping tyrant corps, her bane,  
Which subjugates her unto sottish will,  
And schools her under passions want of skil;  
Then shall our soule, now choakt with fenny  
care,*

*With Angels frolick in a purer aire:  
This low NADIR of darknes must it shend,  
Till it aloft to th' radiant ZENITH wend.*

## CAP. III.

*Whether the internall faculty may be knowne  
by the externall physiognomy.*

**S**ocrates, that was tearmed the Ath nian Eagle, because he could looke steadfastly upon the Sunn , or the rather for his quicke insight of understanding , when a certaine youth beeing highly commended unto him for his rare parts , and admirable endowments, though he had the piercing eyes of *Lynceus*, and could have more than conjectured his qualities, beeing presented unto him, hee did not looke unto his outward feature and externall hew , so demurring to have rendered his approbation of him , but he accosted him with these words, *Loquere puer, ut te videam*, let's hear thee reason, youth, that I may see what's in thee : (to which *Lipsius* alluding in a certaine Epistle of his, *videre & non e-loqui, non videre est* ; to see one and not conferre with him, is not to see.) *Socrates* insinuated thus much unto us , that a man may be a *Nireus* in outward semblance,

Petr. Ar-  
bit. 5.

Diog. Laert.

and yet a *Thersites* in his inward essence, like the Emperours table, whose curtaine was drawn over with Lions & Eagles, but on the table were pourtraied Apes, owls & wrens. Or like the golden box that kept *Neroes* beard, perchance the eye of his understanding was dazled, as when *Euripides* gave him *Heracleitus* works called *Σχόλια*, demanding of him his cenſure; who answered, That which I conceive is rare, and so I think of that which I do not conceive: having that deep insight and singular wisdom which *Apollon's* oracle did manifest to be in him, hee might eath have perceiv'd the former, & conceived the later. But was not cunning *Zophyrus* judgement also tainted concerning *Socrates* himselfe? who seeing his deformed countenance, called him an ideot and a dizzard, and an effeminate person; and was laught to scorn of them that stood by for his pains: but *Socrates* said, I laugh not, *Zophyrus* is not in a wrong box, for such a natural was I framed by nature, though I have by the study of wisdom and philosophy corrected that which was defective in nature. The philosopher saith, *Vultus est index animi*, the eye is the casement of the soule, through which we may plainly see it, better than

*Antisthenes*

*Antisthenes* his pride through the chinks of his cloake. But our usuall saying is, that the tongue is the herauld of the mind the touchstone of the heart, could a man discern wise *Ulysses* only by his countenance: Hear what *Homer* sayes of him, *Il* 3.

— 'Αλλ' ὅτε δὲ πολύμητις ἀνῆλθε Ὀδυσσεύς *Hom. li. II. 3.*  
 Στάσκειν, ὑπὸ δὲ ἴδεσκε κατὰ χθονὸς ὄμματα  
 πήζας,  
 Σκῆπτρον δ' ὄτ' ἐπίσω ὕστερον προπηγνὲς ὀρώμα,  
 " Ἀλλ' ἄγε μὲν ἔχεσκειν, αἶδρει φωτὶ εἰοικώς:  
 Φάμης κένζάκοτόν τιν' εἶμεναι, ἄφρονι θ' αὐτως:  
 ' Ἀλλ' ὅτε θηρ' ὅπα τε μεγάλην ἐκείθεος ἴει,  
 Καὶ ἔπειτα νιφάδεσσιν ἐοικότα χειμερίσιν,  
 ' Οὐκ ἂν ἔπειτ' Ὀδυσσῆϊ γ' ἐρίει βροτός ἄλλος.

*When that discreet Ulysses up did stand,*  
*And swayd the golden scepter in his hand,*  
*Immovable both he and it were found,*  
*fixing a bashfull visage on the ground:*  
*Most like an Ideot rose he frō his stool, (fool;*  
*Thou mightst have deem'd him angry, or a*  
*But when hee spoke, his plenteous words did*  
*flow*  
*Like to thick falling flakes of winter snow.*  
*Ne any couth his wits so highly strain,*  
*As wise Ulysses in his flowing vain.*

Which

Which alſo Tryphiodorus the Egyptian Poet that writ of the ſacking of Troy, ſets down elegantly to the ſame effect of *Ulyſſes*.

Tryphiodor.  
the Egyptian  
an Poet.

Ὀδυσσεὺς ἡ παρίστατο θεῶρις Ἀθήνη  
Ἄνδρὸς ἐπιχρίσσα μελίχροι ἔκταρι φωνῇ  
Πρῶτα ὡς ἐσήκει κεκρόφρονι ἄνδρϊ ἑοικῶς,  
Ὅμματος ἀσφρόπιο βολὴν ἐπὶ γαῖαν ἐρείσας·  
Ἄφνω δ' ἀενάων ἐπέαν ὠδῖνας αὐοΐζας  
Δεινὸν αὖ ἐβρέντησε καὶ ἱερὴς ἀτε πηγῆς  
Ἐξέχεεν μέγα κύμα μελισσαγέτος νιφίτοιο.

*By him impetuous Minerva ſtood,  
And drencht his throat with honey-Nectar  
flood:*

*A mope-eyd fool he riſing, firſt was deem'd,  
Because with Tellus to conſult he ſeem'd:  
A ratling murmur oft his voice affords,  
Opening the ore-flowing ſpring-head of his  
words:*

*Like torréts of mellifluous ſnow 'fore th' ſun,  
His ſacred Hippocrene gins to run.*

So *Æſop* the witty fabuliſt, as wee may reade in his life, what deformity wanted he externally? and what beauty had he not internally? likewise *Galba*, on whom *Tully*,  
(ſeeing

(seeing his ill shap'd lims , and his excellent wit) had this conceit, *Ingenium Galbae male habitat: Galbaes* wit lodges in a base Inn. And *Sappho* that learned poetresse had the same naturall default for her outward lineaments, yet had more rare gifts of mind: shee thus spoke of her selfe :

—— *Ingenio formæ damna rependo mee.*

*Th' ill favour, and deformity of face,  
With vertues inward beauty 7 do grace.*

Againe, all is not gold that glistreth, e-very Persian nose argues not a valiant *Cirus*; we often see *plumbeam macheram in aurea vagina*, and the Cynick sayd in *D. Laertius*, concerning a yong man, that was well proportioned, and spoke ill, A leaden rapier in a golden sheath. Wrinckled faces and rugged browes lurke under smooth paint: the fair brancht Cypres tree fruitles & barren: a putrified nutmeg gilded over: *Dio- medes* his brazen armor shine like gold: *Æsops larva* (*O quale caput, & cerebrum non habet*) a rare head, but no brains : Many a gaudy outside, and a bawdy deformed inside; a wooden leg in a silken stocking : so a faire and

*In Pario tu-  
mulo putri-  
dū cadaver;  
marmoreus  
carcer, impi-  
us fur. Iul.  
Scal. Epi-  
dorpid. l. 40  
Looke Hip-  
pol. de Con-  
sil. & Con-  
siliar. p. 101*

and beautifull corps, but a foule ugly mind.  
We see a beautifull *Paris*, of whom *Coluthus* the Theban sayes, when *Hellena* carried him to her chamber,

κόρα δ' ὄρχηχεν ἐπωπῆς

Her eies could never be glutted with gazing on him: & yet his judgment was in the wain in giving the golden ball to fading beauty, which is but a pleasant poyson, only a letter of commendation, as *Seneca* calls it, a dumbe praise, yea a very something of nothing. But howsoever it come to passe that in some particulars it holdeth thus, it is not true in generall: for as a fox is known by his bush, a lion by his paw, an asse by his ears, a goat by his beard. so easily may a man be discerned, I mean the excellencie of his soul, by the beauty of his body, the endowments of the former, by the complements of the later. When I do gaze with a longing look on the comliness of the feature without, I am more than half perswaded of the admirable decencie within: as when I see the resplendent rayes of the Sun, it bewraies the Sun hath a compleat light within: the clearer and fairer the fountaine is to the eye, the sweeter it will prove



prove unto the tast: the purest waters are distilled from the choicest flours: foul vices are not the of-spring of fair faces; a vulgar weed issues not from the filke-wormes smother thred: the Hyblæan Bee sucks no sweet honey out of the poysonous hemlock: when we see a body as framed and wrought out of the purest virgins waxe, as tempered with the cunning hands of beauty and favor, enriched with the very prodigality of nature, which Nature and beauty it self would be abashed and even blush to behold, shall wee say this golden mine affords leaden mettall? *Rarum facit misturam cum sapientiâ forma*, saith *Petronius Arbit.* and the other, *gratior est pulchro veniens e corpore virtus*. Doe they speake as though it were a wonder, a rare thing to see wit, wisdom, and vertue jump in one with beauty? let him speak, that daily sees not the contrary: I think (though not ever) wise men will judge ever according to the proportion of members, not laugh fondly, as they did at the Embassadours that were deckt and adorned with pretious pearles, foolishly adoring their pages for themselves, whom they deemed to have bin the Embassadours, for their plainenesse. There's none so blind, but *Apolles spectacles*

*Sir Thomas Moor, in his 2 of the Vtopia.*

cles wil make him see, if a man be endowed with wisdom, and have *Tiresias* bright lamp of understanding, the true candle of *Epietetus*, which is to be held at a far greater price, but he may easily see by them, what a man is at the first glance, his inward vertues by his outward gifts : and *Socrates* no doubt could eath have yeelded well-nigh as sincere a judgement concerning him, of whom we whilome spake, by meerely beholding of his beautifull lineaments, as by hearing of his speeches ornaments. But hee did it perchance to be a pattern of true knowledge to ignorance, who hath not a judicious eye, and which is prone to censure too far by the outward resemblance : or else to instruct knowledge it selfe in this, that alway to see is not to know.

Who canot see also the deformity of the soul, by the blemishes of the body ? though it be not a truth in every particular, as not in the former. Heare what the poet affirms in an epigram upon a low-pac'd lurdain,

(dactyl)

*Tardus es ingenio ut pedibus, natura etenim  
Exterius specimen quod latet interius.*

*Thy leaden heels no golden wit doth show,  
For*

For inbred gifts by outward lims we know.

Who could not have cast *Thersites* his water, with but once looking upon the urinal, as we say, seeing in his body so great deformity, he sure would have averred, that in his soul there was no great conformity: hee had one note especially, which is a bad signe in Physiognomy, which *Homer* reckons as one of his mishapes,

Φοξος ἔχεν κεφαλὴν ———

*Acuminato erat capite*, his head was made like a broch steeple, sharp & high crown'd, which among all physiognomers imports an ill affected mind. Who is ignorant, that men of greater size are seldom in the riggt cue, in the witty vain? who knowes not that little eys denote a large cheveril conscience? a great head, a little portion of wit? goggle eys a stark-staring fool? great ears to be a kin to *Midas*, to bee a metamorphos'd *Apuleius*? spacious breasted, long liv'd? a plaine brow without furrows to be liberall? a beautifull face most commonly to note the best complexion? Who knows not that μαλαχότεροι σαρκί, &c. they that be soft flesht are more wise,

wise, and more apt to conceive. And *Albertus* sayes, that these are the signes of a wit as dul as a pig of lead, to wit, thicke nailes, harsh haire, and a grosse hard skin : the last wherof was verified in *Polidorus* a foole, of whom *Ælian* makes mention, who had such a hard thicke skin that it could not be pierced through with pricking. Who is not acquainted with this of the Philosopher, that *παχῆα γαστήρ λεπλότατον ὕψις τέχνη νόον*, a fat belly hath a lean ingeny, because much meat affects the subtil spirits with grosse and turbulent fumes. which doe marken the understanding. And this is set down by a moderne English poet of good note, pithily in 2 verses

*Fat paunches make leane pates, and grosser  
bits*

*Enrich the ribs, but bankrupt quite the  
wits.*

Wherefore the *Ephori* among the Lacedemonians were wont (not as *Artaxerxes* did lash the coats of his captains when they had offended) to whip their fat fools naked, that they might become leane ; saying unto them, That they were neither fit for action nor contemplation, untill they

were

were disburthened of their fogge.

## CAP. IV.

*That a dyet should bee observed of  
every one.*

**T**He ancient Aphorisme is, *Qui medicè  
vivit, miserè vivit*, he that observes a  
strict dyet is seldome at ease : which sinister  
exposition is not to bee approved. Rather  
thus, he that lives under the hand of the un-  
skilfull Empirick is ever in feare and peril of  
death : for unlesse the physitian wisely ob-  
serve the disease of the patient, how hee is  
affected, the time when, the climate where,  
the quantity how much, his age & strength,  
his complexion, with every circumstance, he  
may prescribe a potion of poyson for an an-  
tidotum or preservative. Therefore as *Dio-  
nysius* the Tyrant would never have his  
beard shaved; because he feared the razour  
might cut his throat, so using hot burning  
coles wherewith he often singed his haire :  
so were it good for every patient not to bee  
too venturous, but feare to fall into the hands  
of the inexperienced physitian, I meane empirical.

as also the methodist or dogmatist if they be chiefly noted to give usuall probatums to try conclusions, that will in a trice bee as *Esculapius* his drugges, either *ad sanitatem* or *mortem*, to health or death : ( such as *Hermocrates* was in the Poet, of whom *Andragoras* but dreaming in his sleepe, died ere morning, hee stood in such feare of him : ) whereas in true Physicke there is a time with diet for preparation, a time for operation, another for evacuation, and a time for restauration : these cannot on a sudden be all performed without great hazard of the patients life, and the agents credit. But as it is a point of wisdom not to approve of some, so it is a fondlings part to disallow all ; chiefly so to stand in feare of all, as he did in *Agrippa*, who never saw the Physitian but he purged : and it is meere folly at an exigent, either not to crave the helpe of the Artist, or not to use a physicall diet, if it be prescribed by wisdom ; wee must not imagine that any man in an extremity, if he live *medicè*, that hee lives *misère*. For Physicke in time of need, and a golden diet, is the only means under heaven to prolong the dayes of man which otherwise would

Mart. li 6.  
Epig. 53.

would be abbreviated: I do not speake a-  
gainst the divine limitation: What saith the  
schoole of diet.

*Pone gula metas; ut sit tibi longior ætas;  
Esse cupis sanus? sit tibi parca manus;*

*Let meager appetite be reason's page;  
Let hunger act on diet's golden stage:  
Let sparing bits go downe with merriment;  
Long live thou then in th' Eden of content.*

Thus the verses are to bee understood,  
though the covetous *Incubo's* of the world  
who live like *Tantalus*, *inter undas siticulo-*  
*si*, have appropriated the sense to their owne  
use, after a jesting manner; saying it should  
not be *gula*, but *auro*, referring also *parca ma-*  
*nus* to *avaritia*:

*Pone auro metas ut sit, &c.*

*With iron lashes scourge thy gadding gold,  
The sight of it revives thee being old:  
And wilt thou live in health & mery cheare,  
Then live in wealth; and give not a denere opes:*

The allusion  
to *Martial*;  
where hee  
sayes; *Cujus  
laxas arca  
flagellas*

So they will understand *parca manus*;  
D 2 But



but this by the way. Temperance and a dyet should bee used in all things, lest that wee leaving the golden meane, and with corrupted judgements embracing the leaden extremitie (kissing with *Ixion* a shadow for the substance, a meere cloud for *Juno*) swimming as it were with the eddy and current of our base humours, wee doe perish on the sea of voluptuousnesse, long before wee come to our wished port. But *Julian* the Apostata sayes in his *Misop.* ενομασθημεν σόφους ἀλλ' οὐκ ἔσμεν, ἔργον εὐχ' ὀφείλομεν, τί ποτ' ἔστιν εὐχ' ἵσμεν. We all are such Dullards, that we onely heare of the name of temperance, but what value it is of, what happy effect it hath, we are altogether ignorant, at least we never use it. We be like to the *Athenians*, of whom *Anaximander* sayd, that they had good lawes, but used ill; we nourish serpents in our own bosom, our vile affections, following their swinge so long, till they sting us to death.

A diet consists properly in a temperate use of meats and drinckes, secondarily of sleepe, Venus, vesture, mirth, and exercise. First we must observe a diet in our feeding, to eat no more than will suffice nature, though at one time more than another,



ther, as the proverbe runnes : A little in the morning is enough, enough at dinner is but little, a little at night is too much : we must not at any time or occasion cram our mawes with Persian delicates, and glut our selves like Epicures with delicious viands : not eat like the *Agrigentines*, of whom *Plato* sayes, Οἱ Ἀγριγενῖται δικοδομοῦσι ὡς εἰς βιωσόμενοι, δειπνοῦσι δὲ ὡς εἰς τεθνησόμενοι. So *Ælian* also testifies of them; *Agrigentini edificavit quidem quasi semper victuri, convivantur quasi semper morituri*: they build as if they might ever live, and banquet as if they were always about to die. We must call to mind *Epietetus* his saying, τὰ πρὸς τὸ σῶμα, wee must use such things as serve our bodies, unto the use of our soules, as meat, drinke, array, and the like : not to satisfie our beastly appetite. Herein is our default in this, when we make our *Σοφὴ*, *Σοφὴ*, that is, our dyet our surfer, as wee spoke of some before. For drinckes, we must not like bouzers carouse boule after boule to *Bacchus* his dicty, like the Grecians, nor use smaller cups in the beginning of our banquet, more large and capacious bouls at the later end : we must not like *Lapithes* drinke our selves horne-madde : wee must

Sp. Vulcius,  
in his 1 ben-  
decaf.

not so highly account wine as *Brito* did,  
who made his stomacke the caske or wine-  
vessel, of whom *Vulcius* thus speaks :

*Brito tam pretiosa vina credit,  
Ut ventrem faciat cadum amphoramque.*

Eur. act. 1.  
scen. 1.

So the Comedy, *Quasi tu lagenam dicas,  
ubi vinum solet esse Chium.* *Palivurus* calls  
the old wife a flagon or stone bottle for  
wine. We wil, having so good an occasion  
to speake of so good a subject, incidently  
treat a little of wine, of the vertues thereof,  
whether it be also good, and diet drinke for  
all complexions : suffer me a little, *tam joco,  
quàm serio.* Οἶνος, Wine, saith *Plato* in his  
*Cratylus*, it comes of οἶνσις, because it fills  
the mind with variety of opinion and con-  
ceit, &c. *fecundicalices quem, &c.* or it is  
derived, ἀπό τῶν ὀνήσεως, of helpe, which *Ha-*  
*mer* proves ——— ὀνήσεια αἶμα πιῖν δα,  
It will helpe if thou drinkest it. That *Cypri-*  
*an Poet* saith,

Οἶνον τοι Μενέλαε θεοὶ πόησαν ἄριστον  
βιητοῖς ἀνθρώποισιν ἀποσχεδάσαι μελεδῶνα,

The gods, O *Menelam*, have given strong  
wine

wines unto mortall men to dispell cloudy cares. *Henry Stephane* in the imitation of that old verse in the Poet, thus speaks :

*Nulla salus lymphis, vinū te poscimus omnes.* *Hen. Steph.*  
in parodijs  
suis.

*A fig for Thales watery element,  
Lixus wine we crave, with adjument.*

And for wine, especially for larger *Clem. pe-*  
draughts, *Clemens* sayes a yong man in the *dag. cap. 2.*  
hot meridian of his age ought to bee abstemious: and he wils such a one to dine sometimes with only dry things, and no moisture, much lesse distemperatly hot, that so the superfluous humidity of his stomach may bee vacuated. He shewes also that it is better (if a man do drink) to take wine at supper, than at dinner, yet a little modicum ὀλίγη ἄλκυ ὑπερω; χρανῆτον, *non ad contumelia crateras.*  
And for old men they may use it more lavishly, by reason of their discreet reason and age, wherewith as he speakes, with a double anchor cast into the quiet haven, they can more easily abide the brunt of the tempest of desires, which is raised by the floods of their ebriety.

Of all complexions, the mean of wine

is soveraigne for the phlegmaticke, and helps the melancholicke: for the other two hotter, it little rather serves for inflammation than conservation, in both the first it helps concoction, infuses a lively heate into the benumbed faculties, cheeres up the dul and drowping spirits, puts to flight the sable night of fond phantasies, purges out the feculent lees of melancholy, refines and purifies the inward parts, opens the obstructions of the veines, like *Medea's* drugs, makes one yong againe, it will make of a puling *Heraclitus*, a laughing *Democritus*, and it will make of *Democritus* an *Heraclitus*.

- „ On weeping *Heraclite*, thou e'r dost frome,  
 „ Thou saist thy patern's laughing *Democrite*;  
 „ But while thou laughst the tears fall trickling  
 „ Thou'rt the beholder unto *Heraclite* (down,  
 „ God *Bacchus* sayes, tears he hath lent to thee,  
 „ More to set out thy mirth and jollity.

*Papaver*,  
*virū, mandragoras*  
*somnum pro-*  
*vocant. Arist. de somn.*  
*& vigilia.*

*Orus*, &c. sayth *Xenophon* (in the place before mentioned) Wine lulls asleepe the mindes of men, and like *Mandragoras* mitigates sorrow and anguish, and calmes the roughest tempest of whatsoever more vehement imagination, sourgeth in any man;

man, making him voyd of all perturbati-  
 on, as *Creta* is free from infecting poyson,  
 It is likethe *Lapis Alchymicus*, the Phi-  
 losophers stone, which can convert a lea-  
 den passion into any golden sweet content;  
 which passion goeth chiefly hand in hand  
 with melancholy, they beeing combined  
 and linckt together like the *Gemelli* of  
*Hippocrates*, who never but by violence  
 were dis-joynd the one from the other,  
 Wine is diversly tearmed of the Poets, The  
 wits pure Hippocrene, the very Heli-  
 conian streame, or Muses fount, wherein  
 they bathe their beautious limmes, as in  
 the transparent and limpid streames of Pa-  
 radise, or the *Galaxie* or milky way it self,  
 of them celestially swimmers: It is an ex-  
 tracted *Elixar*, a Balsame, a quintessence,  
 the *Ros solis* to recall the duller spirits that  
 are fallen as it were into a swoone. Inven-  
 tion and smooth utterance doe follow *Bac-*  
*chus*, as the *Heliotropium* or *Caltha* is  
 wont to move with the Sunne: for if  
 the wit be manacled in the braine, as pent  
 up in closer prison, or the tongue have a  
 snail-like delivery, her speech seeming  
 as afraid to encounter with the hearers  
 apprehension, wine will make the one

as nimble footed as *Heraclitus* was, who could runne upon the toppes of eares of corne without bending their blades: and the other as swift as winged *Pegasus*, words flowing with so extemporary a streame, that they will even astond the hearer. Wine is another *Mercuries Caduceus*, to cause a sweet consent and harmony in the actions of the soule, if it chance there bee a mutiny, to charme (beeing of the nature of the *Torpedo*) and cast all molestation and disunion into a dead sleepe: as the Fife is wont to physicke the vipers sting; or as *Orpheus* his hymne did once allay the *Argonauticks* storme. It is called of the Hebrewes, י'ן *Jaiin*, sayes one; *quasi* ש'ד'ג'ר', *faat nephesh*, the hand of the soule, or י'ד', *Jamin*, the right hand of the minde, because it makes any conceit dextericall, one of the two things for which a pregnant Poet (as imagine of *Homer*, *Naso*, or any other) especially is to be admired; as *Aristoph.* saith, who brings in *Aeschilus* asking of *Euripides*, why a Poet ought to be had in so high esteeme? Who answered, — Δεξιότητος [*Flexa*] καὶ νουδιαιας: That is, for his dexteritie of wit, and his taxing and disciplining the world with his all-daring satyricall pen:

Cor Agrip

Arist. Rana  
ca. 4. sc. 2.



it makes him right eloquent, and speak with a lively grace ;

*O quantum debes dulci facundia Baccho ?  
Ipse vel epoto Nestare Nestor ero.*

Fred. Miller  
manus.

*How much to wit doth Dithyrambus owe,  
Since after wine the ebbing' st wit doth flow ?*

It makes a Poet have a high straine of invention in his works, farre beyond the vulgar veine of *Aqua potores*, water drinkers. This invested Homer with a — *laudibus arguitur*, &c. The Muses are commended for a — *vina oluerant*, &c. Cato had his — *Sape mero incaluit virtus*, This made the Castalianist or Poet of yore, to be esteemed and tearmed the — A per se A of all Artists, the *summa totalis* of wit : the second dish, the marmalad and sugar-ket of the Muses : the gods *Nepenthe* of a soule halfe dead with melancholy : the seaven mouth'd *Nilus*, or seven flowing *Euripus*, of facultie : the load-stone of lively conceit : the paragon darling, and one eye of *Minerva*, as *Lipsius* termes him. Yet moderation is presupposed ; for there is nothing, whose eminence may not have an

Horlep. li. xi.

Car. 5. lib.  
od. 21.

Of a Poets  
praise looke

Æneas  
Sylvius.

inconvenience, as the Link hath a quicke eye, but a dull memory, so the Polypus is *suavis ad gustum*, but *difficilis ad somnum*: and much more in things is their inconvenience, whose eminence is made inconvenience: so, much wine ravisheth the tast, but bewitcheth and stupifieth all the other senses, and the soule it selfe. Take it sparingly, and it rapt one up into an Elysium of diviner contemplation, not intrahling the minde (as excesse is wont) but endenizing it into an happy freedome and ample liberty.

An Apostroph. to the Poet translated.

*The quench thy thirst in th' Heliconiã spring,  
Unloose the fetters of thy prisoned braine:  
To let invention caper once aloft;  
In a levolto's imitation,  
Wish Ariosto's nimble genius,  
Beyond a vulgar expectation:  
Then mount to th' highest region of conceit,  
And there appeare to th' gazing multitude,  
A fiery meteor, or a blazing starre,  
Which hap may cause a penury of wit,  
To those that happily do gaze on it.*

Nothing elaborates our conceition more  
than



than sleepe, exercise, and wine, say the Philo-  
sophers, but the wine must be *generosum*,  
not *vappa*, it must not have lost his  
head.

Three things note in the  
goodnesse of wine:

Color,  
Odor,  
Sapor,

*Si hac tria habeat tum* [Cos] *dicatur*, ex *Heidelsel-*  
*prioribus literis harum precedentium vo-* *du in his*  
*cum*; Then is it pure, and the whetstone of *Sphinx phi-*  
a mans wit, when it hath a fresh colour, a *losophica.*  
sweet fuming odour, and a good relishing *I el Hcbr.*  
taste. That there is a great help in it against *ר' ד' reipsa*  
melancholy, it may appear by *calix. non*  
*adulterat.* *Zeno* the crab  
faced Stoick, who was *οξεδοναδης*, moved  
with no affection almost, but as soone as hee  
had tasted a cup of Canary, he became of  
a powting Stoicke, a merry Greeke, *merum*  
*marorem adimit*: *Baschm* is a wise Colle-  
gian, who admits meriment, and expels dre-  
riment: sorrow carries too pale a visage to  
confort with his Claret deity: but how so-  
ever I have spoken largely of the praise of  
it, and somewhat more merrily than per-  
haps gravity requireth, I wish all, as in all  
drinkes, so in wine especially, to observe a  
diet, for the age, the complexion, time  
of the yeare, quantity, and every circum-  
stance.

There

There is also a diet in sleepe, we must not teake our selves upon our beds of downe, and snort so long,

*Persius.*

*Indomitum quod despumare salernum  
Sufficit, & quintâ dum linea sagitur umbrâ,*

*D. glire.*

*Tota mihi  
dormitur by-  
ems, & pir-  
guirillo.*

*Tempore su  
quo me nil  
nisi somnus  
alit.*

as would suffice us to sleep out our surfet till high noon. We must not imitate *Cornelius Agrippa's* Dormouse, of whom he reports, that she could not be awoke, til being boiled in a lead, the heat caused her to wake out of her sleep, having slept a whole winter. We must not sleep like *Solomons* foole, who will never have enough till he come to his long sleep. Rather must wee take the *Delphine* to be our patterne, who doth in sleeping alwayes move from the upper brimme of the waters, to the bottom. Like the *Lion*, which alwayes moves his taile in sleeping. *Aristotle*, as *Marsius* affirmes, as others, both *Alexander* the great, and also *Julian* the Apostata, were wont to sleep with a brasen Ball in their fists, their arms stretcht out of bed, under which there was placed a brasen Vessell, to the end that when through drowzines they begin to fall asleep the ball of brasce falling out of their hands on the same met-

tal

tall the noise might keepe them from sleepe immoderately taken : which men of renown and fame do so greatly detest, as being an utter enemy to all good exploits, and to the soule it selfe. The Poet *Iul. Scaliger* thus speakes of sleepe in the dispraise of it :

*Promptas hebetat somniculosa vita mentes; Iul. Scal. l. 1  
Vivum sepelit namq; hominem hac mortis Epidorpidū.  
imago.*

Sleep duls the sharpest conceit, this image of death buries a man quick. How we ought to demean our selves for sleepe; what beds are most fit to repose our limbs upon, what quantity of repast we must receive, as also the inconvenience that redounds unto our bodies by immoderat sleep; excellent is that chapter of *Clemens*, in the 2 of his *Pedagog.* First, he adviseth us to shun *τὸν ἀσθενέστερον μαλαχότερον*, beds softer than sleepe it self, affirming that it is dangerous and hurtful to lie on beds of Down, our bodies for the softnes thereof *καθάπερ εἰς τὸ ἀχανὲς καταπιπτόμενον*, as falling and sinking downe into them, as into a vast, gaping, and hollow pit. These beds are so farre from helping concoction, that they inflame the naturall heate, and putrifie

putrifie the nourishment. Again for sleepe, it must not be a resolution of the body, but a remission, and as hee saith, — ἐπειγναι καὶ ἀπονεύσαι τόν, we must so sleepe, that we may easily be awaked : which may easily be effected, if we doe not overballise our stomacks with superfluity, and too delicious viands.

The manner also of sleepe must bee duely regarded, to sleepe rather open mouth'd than shut, which is a great help against internal obstructions, which more ensweeteneth the breath, recreateth the spirits, comforteth the braine, and more cooleth the vehement heate of the heart. Sleeping on our backe is very dangerous and unwholesome, as all Physicians affirme, because it begetteth a superabundance of bad humours, generates the stone, is the cause of a lethargie in the backe part of the head, procureth the running of the reines, especially if a man lie hot, as upon feathers, which greatly impaires mans strength, and affects him with a vitious kinde of soaking heate ; it is also the meanes to bring the *Ephialtes*, which the vulgar sort tearme the night-mare, or the riding of the witch ; which is nothing else but a disease proceeding

Of the Ephialtes or the Night-mare.

ding of grosse phlegme in the orifice of the stomacke , by long surfet , which sends up cold vapours to the hinder cels of the moystned braine , and thereby his grosse- nesse hinders the passage of the spirits descending, which also causes him that is affected; to imagine hee sees something oppresse him and lie heavily upon him, when indeed the fault is in his braine , in the hinder part onely , for if it were and had possession of the middle part, the fancie should be hindred from imagining : which also seemes to be tainted with darksome fumes; because it formes and feignes to it selfe divers visions of things which have no existence in verity , yet it is altogether obscured : and it may bee proved specially to lodge in that part, I meane in the head; because of the want of motion in that part chiefly. This disease never takes any but while they lie upon their backs. There is another diet for *Venus* , wee must not spend our selves upon common cartezans : we must not be like Sparrowes, which as the Philosopher sayes; goe to it eight times in an houre ; nor like Pigeons, which twaine are feigned of the Poets to draw the Chariot of *Cythera* , for their salacitie :

but rather like the Rock-dove, who is called *palumbus*, *quoniam parit lumbis*; as contrariwise *columba*, *quippe colit lumbos*, because she is a venerous bird, it were good to tread in *Carneades* his steps for chastity, & follow *Valer. Max.* *Xenocrates* example, who as *Frid. Millemanus* reports, was caused to lie with a curtisan all night for the triall of his chastity: whom the curtisan affirmed in the morning; *non ut hominem sed ut stipitem prope dormisse*, not to have layd by her as a man, but as a stock.

*Valer. Max.*  
and *Frid.*  
*Millemanus*

For our exercise, wherein a diet also is to be respected, it must neither bee too vehement, nor too remisse, *ad ruborem, non ad sudorem*, to heat, not sweat. There be two other, the one of nutriment, the other of atyre, which are in physicke to bee had in account, which for brevity I passe over, *mallem enim*, as he saith, *in minimo peccare, quam non peccare in maximo*. But note here, that the first diet is not onely in avoiding superfluity of meats, and surfet of drinkes, but also in eschewing such as are most obnoxious, and least agreeable with our happy temperate state: as for a cholerick man to abstain from all salt, scorched dry meats, from mustard, and such like things as wil aggravate his malignant humour, all hot drinks and enflaming wines:



wines: for a sanguine to refraine from all wines, because they ingender superfluous bloud, which without evacuation wil breed either the frensie, the hemoroids, *sputum sanguinis*, duines of the braine, or any such disease. For phlegmatick men to avoid all thin rheumatick liquors, cold meats and slimy, as fish and the like, which may beget crudities in the ventricle, the Lethargy, dropies, catarrhs, rheumes, and such like. For a melancholy man in like manner to abandon from himselfe all dry and heavy meats, which may bring an accrement unto his sad humor, so a man may in time change and alter his bad complexion into a better. We will therfore conclude, that it is excellent for every complexion to observe a diet, that thereby the soule, this heavenly created forme, seeing it hath a sympathy with the body, may execute her functions freely, being not molested by this terrestriall masse, which otherwise will be a burthen ready to suppress the soule.

## CAP. V.

*How man derogates from his excellencie  
by ſurſet, and of his untimely death.*

**A**S Natures workemanſhip is not little in the greateſt, ſo it may bee great in the leaſt things : there is not the abjeſt nor ſmalleſt creature under the firmament, but would aſtoniſh and amaze the beholder, if hee duely conſider in it the divine finger of the univerſall Creator : admirable are the workes of art even in leſſer things, *ὅτι γὰρ ἐν ὀλίγῳ πολλὰ δεικνύται*, *Little works ſhew forth great artificers*. The image of *Alexander* mounted upon his courſer, was ſo wonderfully portrayed out, that beeing no bigger than might well be covered with the naile of a finger, he ſeemed both to jerk the ſteed, and to ſtrike a terrour and an amaſement into the beholder. The whole *Iliads* of *Homer* were comprised into a compendious nut-shell, as the Orator mentions : and *Martial* in the ſecond of his Diſticks. The *Rhodes* did carve out a ſhip in every poynt abſolute, and yet ſo little, that the wings of a flie might eaſily hide the whole ſhip,

*Mart. Ilias  
& Priami  
regnis ini-  
micus Vlyſ-  
ſes.  
Multiplici  
pariter con-  
dita pelloja-  
ſente.*



ship. *Phydias* merited great prayse for his Scarabee, his Grasse-hopper, his Bee, of which, sayth *Julian*, every one, though it were framed of brasse by nature, yet his art did adde a life and soule unto it. None of all these workes, though admirable to the eye of Cunning it selfe, may enter into the lists of compare with the least living thing, much lesse with that heavenly worke of workes, Natures surquedry and pride, that little world, the true patterne of the Divine Image, Man, who if hee could hold himselfe in that perfection of soule and temperature of body, in which he was framed, and should by right preserve himselfe, excells all creatures of the inferior orbs, from the highest unto the lowest; yet by distempering his soule, and mis-dieting his body inordinately, by surfet and luxury, he far comes behinde many of the greatest, which are more abstinent, and some of the lesse creatures, that are lesse continent. Who doth more excell in wisdom than he? who's more beautified with the ornaments of nature? more adorn'd with the adjuncts of art? indow'd with a greater sum of wit? who can better presage of things to come by natural causes? who hath a more filed judgement?

*Julian in an Epistle to Georgius the Bishop of Alexandria.*

ment ? a soule more active, so furnished with all the gifts of contemplation ? who hath a deeper insight of knowledge both for the Creator and Creature ? who hath a body more sound and perfect ? who can use so speciall meanes to prolong his dayes in this our earthly Paradise ? and yet we see, that for all this excellencie and supereminence, through a distemperate life, want of good advice and circumspection, by embracing such things as prove his bane (yea sometimes in a bravery) he abridges his owne dayes, pulling downe untimely death upon his owne head : hee never bends his study and endeavour to keepe his body in the same model and temper that it should bee in. Mans life, sayth *Aristotle*, is upheld by two staffes : the one is *ὑγίαινα*, naturall heate, the other is *ὕγρα*, radicall moisture : now if a man doe not with all care seeke to observe an equall portion and mixture of them both, so to manage them that the one overcome not the other ; the body is like an instrument of musicke, that when it hath a discordancy in the strings, is wont to jarre, and yeelds no melodious and sweet harmony, to go unto the Philosophers owne simile : our heate is like the flame

*Aristot. lib.  
de longitud.  
& brevitate  
vitæ.*

flame of a burning lampe; the moisture like the soleson or oyle of the lamp, wherewith it continues burning. As in the lamp, if there be not a symmetry and just measure of the one with the other, they will in a short time the one of them destroy the other. For if the heat be too vehement, and the oile too little, the later is speedily exhausted; and if the oile be too abundant and the heate too remisse, the fire is quickly suffocated. Even so it fares with these two in the body of man: man must strive against his appetite with reason, to shun such things as do not stand with reason; whatsoever will not keepe these in their equality of dominion must be avoided unlesse we wil basely sub, ect our selves to fond desire, which is (as wee say) ever with childe. To what end is reason placed in the head as in her tower, but that she may rule over the affections, which are situated far under her: like *Aeolus*, whom *Virgil* seineth to sit in a high turret, holding the scepter, and appeasing the turbulent winds, which are subject unto him. Thus *Maro* describes him:

*— celsâ sedet Aeolus arce,*

*Sceptrateneus, mollitq; animos, & temperat  
sras,*

We must especially bridle our untamed appetite in all luxury and surfet, which will suddenly extinguish our naturall flame, and suck up the native oile of our lively lampe ere wee be aware, and die long before the compleat age of man, as many most excellent men we read of, have brought a violent death upon themselves, long before the leaf of their life was expired, though not by that means: for death is of two sorts, either naturall or violent. Violent, as when by surfet, by mis-diet, by sword by any sudden accident, a man either dies by his own hand, or by the hand of another. This is that death whereof *Homer* speaks :

*Είλε δὲ πορφύρεος θάνατος καὶ μοῖρα κραταίη.  
Cepit illū purpurea mors & violenta parca.*

He died suddenly by one forcible stroke : so purple death is to be understood, of *Purpurea* or *Murex*, the purplefish, who yeelds her purple-dying humour, beeing but once stricke, as they that be learned know, for this accidentary death instance might be given of many.

*Anacreon* died, being choaked with the kernell of a Rayfin : *Empedocles* threw himselfe into *Aetna's* flakes, to eternise his memory. *Euripides* was devoured by *Thracian* Curres. *Aeschilus* was kild with a Tortoise shell, or as some write, with a Deske that fell upon his head while hee was writing. *Anaximander* was famished to death by the *Athenians*. *Heraclitus* died of a dropsie, being wrapt in oxen dung before the Sun. *Diogenes* died by eating raw *Polypus*. *Lucretia* sheathed her knife in her owne bowels, to renowne her chastity. *Regulus* that worthy Roman mirrour, rather than he would ransom his own life by the death of many, suffered himselfe to be rould to death in a hogshhead full of sharpe nailes. *Menander* drown'd in the *Pyræan* haven, as *Ovid* in his *Ibis* witnesseth. *Socrates* was poysoned with chill *Cicuta*. *Homer* starved himself, for anger that he could not expound the riddle which the fishers did propound unto him : when he demanded what they had got, they answered,

ὅ' αὖ' ἔλομεν λιπόμεθα, ὅς' ἔχ' ἔλομεν φερίμεθα *Plutarch.*

*What we have taken, we have left behind,*  
*What's*

What's not taken, about us thou mayst finde.

*Enpolis* the Poet was drown'd, &c. For a naturall death, every man knowes, it is when by the course of nature a man is come to the full period of his age. so that with almost a miracle, a man can possibly live no longer: as all those Decrepits, whom *Plautus* calls *silicernij*, *capularij*, *senes Acheruntici*, all old men, that dying are likened to apples, that beeing mellow, of their owne accord fall from the trees. Such a one, as *Numa Pompilius* was, the predecessor of *Tullus Hostilius* in the kingdome, whom *Dionysius Halicarnassensis* highly praised for his vertues, at length comming to speake of his death, says: but first, he lived long with perfect sense, never unfortunate, and hee ended his dayes with an easie death, being withered away with age: which end happeneth more late unto the sanguine, than to any other complexion, and the soonest comes upon a melancholicke constitution. Few die naturally, but wise men who know their tempe s well, many die violently by themselves, like fooles who have no insight into themselves: especially by this great fault of sinnet, partly by the ignorance of their owne

state



state of complexion, and partly the eyes of their reason being blind-fold by their lascivious wantonnesse and luxury, amid their greatest jollity.

For variety of meates and dainty dishes are the nurses of great surfet and many dangerous diseases: to the which that speech of *Lucian* is suitable, where he saith, that goutts, Tifficks, exulcerations of the lungs, Drop-sies, and such like, which in rich men are usually resident, are Πολυτελῶν δ' ἀπὸ πρῶτων ἀπόγονα, the off-spring of sumptuous banquets: *Luc. in Somn. nū or Gal-* so also did *Antiphanes* the physitian say, as *lus Clemens* we read in *Clemens*. *pedag. 2, c. 1*

Surfet is an overcloying of the stomacke with meats and drinks properly, which hinder the second concoction, and there fester and putrifie, corrupting the spirits, infecting the bloud and other internall parts, to the great weakening and enfeebling of the body, and often to the separation of the soul: improperly of anger, *Venes*, and the like: all which in a parode, imitating *Virgil*, we may set downe, but chiefly touching surfet.

à sedibus iniis.

Vna ardor, luxusq; flumit, & cœbra prœcellit

Dira

Inton. allu-  
sum est ad  
verba Arist.  
αἱ κλέρος  
ἔξαιφνης  
αὐτῆς

[ναῖρα]

διαχεο-  
ρύχσιν.

κραπᾶλη.

Clem. prae-  
dicator, 2. c. 1.

Isocrat. to  
Demonicus

*Dira Venus, mæstos generat in corpore luctus  
Corporis insequitur tabes funesta, vaporum  
Nubes obtenebrant subito sensuq, animumq,  
Fumantis crapula cerebro mox incubat atra:  
\* Intonare exta, & crebris angoribus algēt,  
Infans tamq, gulofo intentant ilia mortem.*

Of all sinnes, this gluttony and gour-  
mandising putrifieth and rotteth the body,  
and greatly disableth the soule: it is termed  
*crapula*, of κᾶρα and πᾶλλω, of shaking the  
head, because it begets a resolution of the  
finewes by cold, bringing a palsey. Or  
for this, when nature is overcharged, & the  
stomacke too full (as he saith in his Theatre  
*du monde*) all the brains are troubled in such  
sort that they cannot execute their functions  
as they ought. For as *Isocrates* writes, the  
minde of man being corrupted with excesse  
and surfet of wine, hee is like unto a chariot  
running without a coach-man. This fault  
of luxury was in *Sardanapalus*, whose  
belly was his god, and God his enemy: in  
*Vitellius*, who had served unto him at one  
feast 2000 fishes and 7000 birds: in *Helio-  
gabalus* the centre of all dainties, who at  
one supper was served with 600 ostriches:  
in *Maximianus*, who did eat every day 40  
pound



pound of flesh, and drink 5 gallons of wine. Concerning ravenous eaters, learned *Athenus* is abundant and copious: this no doubt was in the priests of *Babylon*, who worshipped god *Bel* only for god Belly. Great was the abstinence of *Aurelianus* the Emperour, who when he was sicke of any malady (as *Fl. Vopiscus* records) never called for any Physitian, but alwaies cured and recovered himself by a sparing thin diet: such temperance is to be used of al them that have judgment to expell and put to flight all dyscrasies and diseases whatsoever, lest by not preventing that int me which will ensue, we be so far spent that it is too late to seek for help. *Chaucer of Troilus.*

*But all too late comes the Eleetuary,  
When men the Coarse unto the grave doe  
carry.*

*Ecquid opus Cratere magnos promittere montes,* If thou wouldst give whole mountains for the Phisitians help, al's too late since thou art past cure. Let judgment and discretion therefore stay thy fond affections and lusts, let them be like the little fish *Echinus* or *Remora*, which will cause the mightiest *Atalanta* or highest ship to stand still

*Echin. looke* still upon the surging waves: so thou must  
*Oppian. Pl.* stay the great shippe of thy desire, in the  
*Fracaſtor.* ocean of worldly pleasures, lest it going on,  
*Ælian,* thou make shipwracke of thy life and good  
*Ec. it hath* name.  
*his name,*

*ἀπὸ τοῦ*  
*ἔχεν τὰς*  
*ναῦς.*

Whoſoever prophesieth thus, foretelleth  
 truth, yet he is accounted vaine and too  
 sharp unto the Epicures of our age, as who-  
 soever in any prophetic. So *Euripides*, or  
 rather *Tiresias* in *Euripides* his *Phenissa*,  
 saith;

Ὅς τις δ' ἐμπύρῳ χράται τέχνῃ  
 μάταιος: ἂν γὰρ ἐχθρὰ σιμῆνας τύχῃ  
 Πικρὸς καδέσῃ, οἷς ἀνδίωνοσκοπῇ.

The Poet *Persius* is this Prophet, that  
 foretels of death and a sudden end to them  
 that are given to luxury and surfet.

*Turgidus his epulis atq; albo ventre lavatur,*  
*Gutturæ sulphureas lentè exhalāte nephites:*  
*Sed tremor inter vina subit, calidūq; triental*  
*Excudit è manibus, dentes crepuere reſecti,*  
*Vincta cadunt laxis tūc palmentaria labris:*  
*Hinc tuba, candelæ, tandemq; beatulus alto*  
*Cōpostus lecto, crassiq; litatus amomis, &c.*

*Wick*

With surfet's tyranny be'ginning swell,  
 All wane & lavers in Saint Buxtons well;  
 he breathing belketh out such sulphure aires,  
 As Sun exhales from those Egyptian mares.  
 Deaths shuddring fit while quaffing bee doth  
 stand,

With chilnesse smites the bowle out of his  
 hand:

Grinning with all discovered teeth he dies,  
 And vomits up his oily crudities.

Hence is't the solemn dolefull cornet calls,  
 And dinner tapers burn at funerals:

At length his vehemēt malady being calmed;  
 In's hollow tomb with spice he lies embalmed,

But Cassandra may prophesie of the sac-  
 king of the city, & bid the Trojans be war-  
 ned of the wooden horse, as Tryphiodorus  
 speaks, *τίξεται δέριμος ἵππος*, & some wil step  
 out as Priam did, too fond in that, yea not a  
 few, and wil cry with him, *frustra nobis va-*  
*ticinarius*, tut, thou art a false prophet.

Ο' πᾶσι χέκμηκε νόος, λυοῦ δ' εἶνεσθαι.

Wilt never bee tired, or cured of this  
 phrenetical disease; but was not (thou Epi-  
 cure) the Cyclops his eie put out, as *Telemus*  
*Enrim*, prophesied to him, yet the Cyclops,

as the Poet witnesseth, laught him to scorn.

*Rise, & O variū stolidissime, falleris, inquit.*

“ He laught in’s sleeve, and said to Telemus,

“ Fondling thou erreſt, thus in telling us.

Thou that art wise, *Telemus* speaks to thee, that being fore-warn’d, thou mayst be fore-arm’d : by physicking thy selfe thou mayst live with the fewest, and out-live the most. Be not addicted to this foule vice of Gastrimargism and belly-cheare, like *Smyndyrides*, who when he rid a suiter to *Clysthenes* his daughter, caried with him a thousand cooks, as many foulers, and so many fishers, saith *Athen. vi.* *Alia*n, although *Athenæus* say he carri-  
*Deipnosoph.* ed with him but an hundred of all. This *Smyndyrides* was so given to meate, wine, and sleepe, that he bragd hee had not seene the Sunne either rising or setting in twenty yeares, (as the same Author reports) when it is to be marvelled how he in that distemper could live out twenty. We must not like the Parasit, make our stomacks *cæmeterium cibarum*, lest we make our bodies *sepulchra animarum*. *Dum os delectatur condimentis, anima necatur comedentis.* Gregory out of

of *Ludolphus*.

Too much doth blunt the edge of the sharpest wit, dazle, yea cleare extinguish the bright and cleare beames of the understanding, as *Theopompus* in the fifth of his *Phil.* *Athen. in the 4 of his Deipnosoph.* reports, yea it doth so fetter and captivate the soule in the darksome cell of discontentednesse, that it never can enjoy any pure air to refresh it selfe, till it by constraint bee forced to breake out of this ruinous Gaole, the distempered and ill affected body, which will in a moment come to passe, if a man be inclined to luxury, the sudden shortner of the days. I would wish that every one that hath wisdom could use abstinence as wel as they know it: but it is to be feared, that they that never have attained to that pitch of wisdom, use abstinence more, though they know it lesse.

F

Cap.

## CAP. VI.

*Of Temperaments.*

**W**EE must know that all naturall bodies have their composition of the mixture of the Elements, fire, aire, water, earth: now they are either equally pois'd according to their weight, in their combination, as just so much of one element as there is of another, throughout the quaternio or whole number: as imagine a duplum, quadruplum, or decuplum of earth, so much just of fire, as much of aire, and the like quantity of water, and no more, then they be truly ballanced one against another in our understanding: when there are as many degrees of heate as of cold, of drynesse as of moisture, or they bee distemperate or unequall, yet measured by worthinesse, where one hath dominion over another: as in beasts that live upon the center, earth and water do domineere: in fowles commonly aire and fire are predominant: Or thus, where the true qualities are inherent and rightly given unto their proper subjects

subjects : as in the heart well tempered,  
 heate consists : moisture rules in the brain,  
 having his true temper, cold in the fatte,  
 drinesse in the bones. The first is tearmed  
*Εὐκρασία* or *Temperamentum ad pondus*,  
 which is found in none, though they have  
 never so excellent and surpassing a tempera-  
 ture; only imaginary, yet in some sort held  
 to be extant by *Fernelius*. The other is cal-  
 led *Temperamentum ad justitiam*, which di-  
 stributes every thing to it own, according to  
 the equity of parts. Of the predominion of  
 any element, or rather the qualities of the e-  
 lement, the complexion hath his peculiar  
 denomination : as if the element of fire be  
 chiefetaine, the body is sayd to be chole-  
 ricke : if aire beare rule, to be sanguine : if  
 water be in his vigour, the body is sayd to  
 be phlegmaticke : if earth have his domini-  
 on, to be melancholicke. For choler is  
 hot and dry, bloud hot and moist : water  
 cold and moist : earth cold and dry. These  
 four complexions are compared to the four  
 elements : secondly to the four planets, *Mars*  
*Jupiter*, *Saturn*, *Luna* : then to the foure  
 winds : then to the four seasons of the yeare :  
 fifthly unto the 12 Zodiacall signes, in them  
 foure triplicities : lastly to the foure Ages



of man : all which are deciphered and limed out in their proper orbs.

But to square my words according to the vulgar eye, there be nine temperatures are blazond out among the physitians : 4 simple, according to the foure first qualities, heate, drinesse, moisture, coldnesse: the other foure be compound, as hot and dry, hot and moist, cold and moist &c. the contrarieties bee in no body according to their eminencie and valour, but only comparatively : as hot and cold is agreeable to no nature, according to their predominancies, dry and moist competent to none, nor in the height of their degrees : for as in politicall affaires, one kingdom or seat cannot brooke two Monarchs or compeers, as *Lucan* saith, *Omniſq; potestas Impatiens consortis erit, &c.*

No potentate admits an equall : yea thorough civil garboils and murines, their eager contention ruins, and often dissolves the sinews of the commonweale. So happens it in the naturall body, where the qualities are equaliz'd in strength, there must needs be action and re-action, a bustling & struggling together so long, til there be a conquest of the one, which no doubt wil soon dissolve the parts, and rend asunder the whole compound.

pound: yet these twaine may (I mean dri-  
nesse and moisture, or cold and hot) bee  
petent to the same subject, by comparing  
them with others in other subjects: as man  
is both hot and cold; hot in regard of such  
bodies as are of a cold constitution, as in re-  
gard of the female sex, which abounds with  
moisture. Hot in compare with an Asse,  
which is reported among the Philosophers  
to be of an exceeding cold constitution:  
which may evidently appeare by his slowe  
pace, by shooes made of his skin, by that  
chill water of the *Arcadian Nonacris*,  
which for the ex.ream coldnesse cannot  
be contained in any vessell save the hoofe of  
an Asse. Man is hot, in comparing him  
with the *Salamander*, the *Torpedo*, and the  
*Piranta*. Cold in respect of the *Lion*, the  
*Struthio-camel* or *Ostridge*, which will con-  
coct iron, or Leather, the *Sparrow-Cocke*,  
*Pigeon*, and *Dog*: and these are rather to be  
termed distemperaments.

The ninth and last is called *Tempera-  
mentum ad pondus*, of which we spake erst,  
not in any but onely in conceit. But how  
every temperature is good or bad, and how  
their mixtures implye an excellent and  
healthfull or a diseased estate: as if in mans  
F 3 body,

body the chiefe valour of fire concurre with the tenuity of water : or the grossest substance of water with the purest tenuity of fire be conjoined ; or the strength and quintessence of fire , with the thickest part of humour ruling in one ; or the purest and rarest parts of fire , with the thinnest and clearest substance of water : what temperature all these import, looke *Hippoc.* in his booke *de victus ratione*, lib. I. sect. 4. A temper also as it is usually taken, may be referred to the equall proportion of radical heat, to in-bred moisture, when they are like powerfull , to the excellencie and purity of the bloud , to the subtilty of the spirits, to a supple, soft and tender skin, to mollified and smooth haire, to the amiable and beautifull feature, to affability and gracious delivery of speech , to a buxome, pliable, and refined wit, to a wise moderation of anger , to the vassallizing of the rebellious affections ; all which when we see to jump together in one, or the most of them, we say that man or that body hath a most happy temper , a rare composition , a sweet complexion.

## CAP. VII.

*Of diversities of wit, and most according  
to tempers.*

**P**liny makes mention of King *Pyrrhus*,  
That he had a little pretious pearle of  
diversresplendant colours, commonly ter-  
med the *Achates*, of our skilful Lapidaries:  
wherein were admirably coadunited the  
nine *Helliconian Ladies*, and *Apollo* holding  
his gilden harpe. Our soule, that princely  
*Pyrrhus* or πυρρὸς πῶμα, that *igneus vigor*, the  
quintessence or vertue of heavens fire, as  
the Poets call it, hath this rare gem as an *A-*  
*chates* daily to consort with it: wherein is  
not only a bowre for the Muses to disport  
themselves in, but also an harbour for wise  
*Apollo* to lodge in, to wit, our acute, plea-  
sant and active wit, which can apparel it self  
with more variable colours, and suit it selfe  
with more resemblances than either the *Ca-*  
*melion* or *Polypus*; and like an industrious  
Bee, taking her flight into the fragrant fields  
of *Minerva*, can gather such hony-suckle  
from the sweetest flowers, as may feast with  
delicious

*So Ruens  
reports, l. 2.  
xvi. so Pe-  
trarch and  
Cardan.*

delicious dainties the hungry ears of attentive auditors, if they deign but to let their eares (as once divine *Plato's* mouth was) bee the hives or cells whereinto store up their honey combs : if they wil suffer them to be as vessels ready to receive and entertaine the Nectar-flowing words of wit. It is called among the Grecians, *Εὐρυία*, and hee that is possessed of it is termed *Εὐρύης*, excelling in active nature, acute, having a quicke insight into a thing, a lively conceit of a thing; that can invent with ease such witty policies, quirks and stratagems, as he that is not of so sharp a wit would even admire, never can compasse. It hath his seat in intellectu agentis, in the active understanding, which doth offer the species and *Idea's* of objects to the passive, there to be discerned and judged according to their reall essence. As divers and the most are indowed with wits, so most wits are divers in nature. There is a Simian or apish wit, an *Arcadian* wit, a *Roscian* wit, a *scurril* wit, an *Enigmaticall* wit, an *Obscene* wit, an *Autolican* or embezled wit, a *Chance-medley* wit, and lastly there is a smirk quick and dexterical wit. They that have the first, do only imitate, and do apish-

Nine kind  
of wits usu-  
all at this  
day.

counterfeit and resemble a poet or an Orator, or any man of excellencie in any thing, yet can they never climbe up to the top of Poetry, whither his wit aspired whom they doe imitate, and as it was once sayd, that it is impossible to get to the top of *Pythagoras* his letter, without *Cræsus* golden ladder, intimating, that

— *Haud facile emergunt*

*Quorū virtutibus obstat, res angusta domi.*

No Eagle proves be, but a silly wren,

That soars without an Angels golden pen.

That learning cannot climb without golden steps: so they can never attain to his high strain with their base leaden inventions, but are constrained either foolishly to goe on unto the *Catastrophe*, or with disgrace and infamy (being tired in the race of their own fancies) to make a full period long before the *Catastrophe*. Thus *Accius Labeo* was an apish imitator of *Homer*: an *Arcadian* wit is meant of him, *cum sono intempestivo rudit asellus*, when a man imagins he sings harmoniously, or the *Nightingals* sugred notes, or like one of *Camus* swans, when indeed hee proves no swan, but rather a silly swain.

*Ledeos strepit anser ut inter olores.*

Hee is like a loud sack-but, intermedled  
with



Plur. de so-  
lert. animal.

with still musicke : he brayes like an Arcadian Assle, hee is conceited without reason, as he was, who among the devout offerings to the Egyptian Oxe, *Apis* or *Serapis*, offered up a great bottle of hay. Or when a man is witty like *Plutarchs* Assle, not considering the intortunat event his wit wil have. *Plutarch* tells of a pretty jeast ; an Oxe chanced to passe through a fresh river laden with salt ; which beeing deepe, the water melted much of the salt in the sacks. Which the Assle perceiving, that he was much lightened of his burthen, the next time that hee came that way, the water not being so high, the Assle wittily coucht downe to ease himselfe of his weight ; whose policy the master espying, afterward revenged on this maner ; lading the Assle with wooll and sponges, who according to his wont did dip the sacks as before in the water, but when hee came out, he found his load far more aggravated, insomuch it made him groan againe. Wherefore ever after hee was wary lest his packe might touch the water never so little. This is also called mother wit, or foolish wit, or no wit : like that which was in a certaine Country Gentleman, whom the Queene of *Arabia* meeting, and knowing him to be a  
man



man of no great wisdom, demanded of him, when his wife should be brought to bed: who answered, Even when your highness shall command. Such a wit was in the Rustick, of whom we read in the Courtier, *Cler. de' Am- lico.* that he meeting a herd of goats by the way, and espying one of them among the rest to have a longer beard than any of the rest, hee wondring at the gravity of the goat, as presently amased, he stood stocke still, and cried, Loe sirs, methinkes this goat is as wonderfull like Saint Paul, as ever I saw. A *Rosci-* 3  
*an* wit is onely in gesture, when one can far more wittily expresse a thing by dumbe externall action, than by a lively internall invention, more by gestures than jeasts. This was in that *pantomimicall Roscius*, who could vary a thing more by gesture, than either *Tully* could by phrase, or he by his witty speeches.

The fourth wit belongs to *Pantolabus*, a scurrile wit, that jeasts upon any, howsoever, when and wheresoever, contrary to all urbanity: as he that jeasted illiberally upon the *Chorus* of goddesses in *Aristophan*. It was in *Sextus Nevius*, mentioned by *Tully*; it was also in *Philip* the jester, who said in *Zenophon*, because laughter is out of request, 4  
Strephsiades  
in Arist. his  
Nubes.  
my

Xenoph in  
his Convivium.

5

6

my art goes a begging, "ἄτε γὰρ ἰγὼ γέ σπευ-  
δάσαι ἂν θανάμην μάλλον, ἢ περὶ θανάτου γενέ-  
σαι : I can be as soon immortall, as speake  
in earnest An *Enigmatical* wit is when  
one strives to speake obscurely, and yet all the  
light of his own reason or others, canot illu-  
minate the dark sence : yet oftentimes by a  
witty apprehension it may relish a filed and  
smooth wit. This was in *Testinus Caballus*,  
who comming into *Cicero's* schoole, *Seneca*  
being then also present, he on a sudden brake  
out into these speeches, *Si thrax ego essem*  
*Fusius essem, Si Pantomimus Bathillus, si e-*  
*quis Menasou*. To which *Seneca* answered  
the foole according to his folly in these  
words: *Si cloaca esses, magnus esses*. The *Ob-*  
*scence* is when a man uses too broad a jeast,  
when his conceit relishes not in a chaste eare:  
as oftentimes *Martial*, who said, *noloca-*  
*strari meos libellos* as *Ansonius*, *Petronius*,  
*Catullus*, and *Persius* in one place especial-  
ly, though wisely interpreted of the learned,  
in them who think their wit and poetry ne-  
ver sounds well till this, *cum carmina lum-*  
*bum intrant*, &c. which is to be accounted  
the canker-worme of true wit, and altoge-  
ther reproveable in any poet, though his jest  
be never so witty.

Yet

Yet *Catullus* speaks in the Apology of this fault.

*Nam castum esse decet*

*Pium poetam ipsum,*

*Versiculos ejus nil necesse est qui tunc, &c.*

For it behoves a poet himself to be vertuous and chaste, for his verses it is not so greatly material. So in another place,

*Lasciva est nobis pagina, vita proba.*

What if my page be lascivious, so that my life be not scandalous? Yet *Scaliger* wisely replies against this fonder speech saying,

*Audens in honestis numeris fundere versus,*

*Musiſq; pudicis quasi maculas dare impudi-*

*Lasciva quasi pagina fit, vita probata:*

*Impurus erit, quod habet vas, fundere sue-*

*vit.*

*Iul. Scal. lib.  
s. Epidorpi-  
dum:*

Which is He that presumes with his all-daring pen, to put forth lewd pamphlets, amorous love-songs, and wanton elegies to set up a venerious school, blurring and staining the pure unspotted name of the Muses with his impure blemishes of art, let him sing a fool a masse, and tel me that his life is untainted, though his lines be lecherous: hee is a meer pander, a baud to all villany the vessel being vented and broacht, tells the taste, what liquor issueth from it. But notwithstanding

standing I confesse, a pure, chaste and undefiled minde is not allured to sin by these pleasing Poeticall baits, they are no incentives unto him, any wise to make him be intangled in the nets of inveigling venery: a stable mind cannot be moved or shaken with these blasts of vanity, it may say with *Lipsius* concerning *Petronius Arbitr*, *Iocibus me delectant, urbanitas capit, cetera nec in animo nec in moribus meis majorem relinquunt labem, quam solet in flumine vestigium cymba*; His lively conceit revives my drooping heart, his pleasant speech ravishes and enchants mee; for his ribauldry it leaves no more impression in my memory, than a floating barge is wont to leave behinde in the streame. These are the words, so neere as I can call them to minde, but for most natures they are prone to vice, and like the Camælion, ready to take a colour of every subject they are resident on.

7 An *Autolican* wit is our thread-bare humorous Cavialero's, who like chap-fallen hacknies feed at others rack and manger, never once glutting their minds with the heavenly Ambrosia of speculation, whose brains are the very brokers shops of all ragged inventions: or rather their heads bee the  
Blocke-

block-houses of all cast and out-cast pieces of poetry : these be your picke-hatch curtezan wits, that merit (as one jeasts upon them) after their decease to bee carted in *Charles* waine. They be tearmed not Laureat, but poets lorcat, that be worthy to be jirkt with the lashes of the wittiest Epigrammatists. These are they that like to roving Dunkirks or robbing pirats, sally up and downe in the Printers Ocean, waisted to and fro with the inconstant wind of an idle light braine : who (if any new work that is lately come out of presse, as a bark under saile, fraught with any rich merchandise appeare unto them ) doe play upon it oft with their silver pieces, boord it incontinently, ransacke it of every rich sentence, cull out all the witty speeches they can find, appropriating them to their owne use. To whom for their wit we will give such an applause, as once *Homer* did unto *Antolycus*, who praised him highly,

*Homer in  
his 8.*

—— κλεπτοσύνη θ' ὀρχοτε.

For cunning theevery, and for setting a jolly acute accent upon an oath. The next is *Chance-medley* wit, which is in him

him that utters a conceit now and then, *Ve Elephantes parvum*, and when he is delivered of it, as of a faire yongling, or rather a foul fondling, that broke out of the meanings of his braine, and snarled in pieces his *pia mater*, like a viperous brood, hee laughs and kicks like *Chrysippus*, when hee saw an asse eat figs: & sits upon hot cockles till it be blaz'd abroad, and withal intreats his neighbors to make bonfires for his good hap, and causeth all the bells of the parish to ring forth the peal of his owne fame, while their eares do chime & tingle for very anger, that heare them. The last kinde of wit is in the purest tempered body of all, that rich vein that is mixt with true learning: whereof *Horace* speakes,

— *Ego nec studium sine divite venâ,  
Nec rude quid profit video ingenium, alteri-  
us sic  
Altera poscit opem res & conjurat amice.*

It is that wit wherein the nine sisters of Parnassus doe inhabit: the pure quintessence of wit indeed, that keepes a comely decorum, in observing the time, the place, the matter, subject, the object, and every singular circumstance, it is like *Aristoteles*



*Αγχινοια*, which he defines to be *εὐφοιχία* ὁ  
 τῷ ἀσκέτῳ χρόνῳ; Sudden as a flash of light-  
 ning, to dazle the eyes of a wished object,  
 and yet premeditating in matters of mo-  
 ment, wherein gravity and sageness is to  
 be respected: this is a true wit, ever pistoll  
 prooffe, having a privy coat of policy and  
 subtilty, to shend it from all the acute stab-  
 badoes of any acute Objectionist, it never  
 wants variety in canvassing any subject:  
 yea, the more it utters, the more by farre  
 is suppeditated unto it. It is like the vine,  
 which the oftter it is pruned, the more clu-  
 sters of sweet grapes it will ever afford;  
 It's like the seven mouthed Nilus, which  
 the more it flowes in the Channell, the  
 faster still it springs from the head. I  
 confesse this wit may be glutted too much  
 with too much of any object, and sooe-  
 ner with an irkesome object, as the Phi-  
 losopher sayth, any surpassing object de-  
 praves the sense, so it may be spoken of wit;  
 the nose may be overcloyd with the fragran-  
 test flower in *Alcinous* his garden, though  
 it smel never so exactly: & more with smels  
 hard by port *Æsquiline*. The sight may sur-  
 fet on fair *Nireus*, and quicklier with fowle  
*Thersites*. The appetite may bee cloyed



with beautifull *Lais*, who was all face; and more with *Mopsa*, who was all lips; this pure wit may surter on *Ambrosia* it selfe, and sooner on cats meat and dogges meate; and though it be like unto *Nilus*, as the mouthes of *Nilus*, so it also may be dammed up, especially with some grosse terrestriall matter: and though it do much resemble the vine, as the vine may be pruned too oft, so it also may be dulled with too much contemplation: this wit disdains, beeing so great, that any the greatest things should empire over it; flowing *Nalos* wit, no doubt, was more than couline german to this, who said,

*Ingenio namq̃, ipse meo valeo vigeoque  
Caesar in hoc potuit iuris habere nihil.*

*A demy god's my heaven's aspiring wit:  
Caesar only man could not banish it.*

The like straine of wit was in *Lucian*, and *Julian*, whose very images are to bee had in high repute, for their ingeniosity, but to be spurnd at for their grand impiety: and in many more, whose workes are without compare, and who doe worthily merit  
for

for this, if for nothing else, to bee cano-  
nized in the registers of succeeding times,  
yea to be characterized and engraven in the  
golden tablets of our memories, *Pericles*  
who was called the spring head of wit, the  
torrent of eloquence, the Syren of Greece,  
was endowed with this speciall gift, hee  
had a copious and an abundant faculty by  
reason of this, in his delivery. Of whom  
*Iulian* (whom I cannot too often men-  
tion) in a certaine Epistle to *Proarismus*;  
speaking to him thus, sayes, I do salute  
thee, O *Proarismus*, a man I must needs  
confesse so plentifull in speech, ὡς περ οἱ πο-  
ταμοὶ ἐν τοῖς πεδίοις, like to the Egyptian  
fields; *Pericli omnino similem eloquentia,*  
*nisi quod Græciam non permisceas*; altoge-  
ther to be compared unto *Pericles* for thy  
admirable eloquence, onely this excepted;  
that thou canst not with thy flowing tongue  
set all Greece on an uprore. So *Angelus*  
*Politianus* in his *Miscella*. hath an excellent  
speech of *Pericles*, in his praise, out of *Eupo-*  
*lis* his Comedy which is intituled Ἀῆροι, or  
*Tribus*,

Πείδῳ τις ἐκάδιζει ἔπι τοῖς.

· χείλεσι καὶ ῥητόρων μένος κέντρον, &c.

The goddeſſe of Eloquence and perſuaſion was the portreſſe of his mouth, or ſate in all pompe upon his lips, as on her royall Throne, hee among all the rout of cunning Rhetoricians, did let the auditors bloud in the right veine, his words did moove an after-paſſion (ſaith he) in them. Many beſides had theſe excellent ſurpaſſing veines., of whom we may reade, if we peruſe the hiſtories and other writings of famous men. This wit is ever a conſort with judgement, yet often I confeſſe, the judgement is depraved in wit; for wee muſt know, though *Verum* and *Falſum* be the objects of underſtanding, every thing is not diſcerned or underſtood according to theſe two., as they are properly either *Verum* or *Falſum*: for the agent underſtanding, conveighing the ſpecies of any thing, (as imagine of any ſubtill ſtratagem) unto the paſſive, the paſſive doth not alway judge of it accordingly: for if they ſeeme good and true at firſt view, yet after wee have demurred upon them any ſpace of time, they are found neither true nor good, but altogether crude and imperfect,

fect. For my censure of wit without iudgement, it is like a flowing eddy or high spring tyde without banks to limit the water. These wittes are such, as *Lipſius* ſaith in his politicks (as I remember) are the downe-fall and utter ruine of a well ordered commonwealth. Hee ſaith that theſe who are *βραδύς*, ſlow and of a dull wit, doe adminiſter a commonwealth far more wiſely, than they which are of a ſharper conceit. His reaſon is in a gradation: Theſe great wits are *ιγνεία*, of a fiery nature; fiery things are ever active in motion; motion brings in innovation, and innovation is the ruine of a kingdome. This is the ſence, though I cannot exactly remember the very words: but that which I firſt aimed at, wil I now ſpeak; by the excellencie of the wit is commonly ſhadowed out the pureneſſe of the temperature, for where there is a good wit, there is uſually *ἀπὸ ἀκριβείας*, the ſenſe of feeling moſt exact, a ſoft temperate fleſh, which indicate alſo abundance of ſpirits, not turbulent and droſſie, but pure and refined, which alſo doe ever inſinuate no leaden but a golden temperature, theſe two are ordinarily inſeparable complexions: And becauſe the ſpirits, both in regard of

their copiousnes & subtilty do make a sweet harmony of the soule and body, and are the notes of a rare wit, and a good crasis ; wee mean now to treat of them succinctly.

## C A P. VIII.

### *Of the Spirits.*

**T**HE Poets Arachne doth never weave her intangling web neere the Cypress tree : The emblem is well known of the Scarabee , that lives in noysome excrements , but dies in the middle of *Venus* rose. So the Owle shunneth the splendent rayes of *Phæbus* , delighting more in the darke some night. The worst wee see doe ever affect the worst : our groveling base affections, our dull conceits, blindfolded ignorance, our aguish judgements, timorous cowardise, slownes and dulnesse in contemplation, our inabilityie of invention, and whatsoever ground capitall fomen to reason there be, doe never take up their lodging in any beautilous Inne, I meane in a body happily attempered, where the spirits are subtile and of a pure con-

constitution, but have their mansion in a smo-  
ky tenement, or some baser cottage, that is,  
in a polluted, sickly & corrupted body, which  
is both *plethoricum*, *pneumaphthiricum*, &  
*cacochymicum*, where there is a fulnes and  
repletion of infected and malignant humors,  
where the subtill spirits be not onely tain-  
ted, but evē corrupted with puddle humors,  
with grosser fuming vapors, whose pitchy  
company, the cleare chrySTALLINE and rarified  
spirits can by no means brooke, as beeing di-  
sturbers of their noblest actions. These spi-  
rits the more attenuated & purified they be,  
the more that celestiall particle of heavens  
flame, our reason, that immoveable pole star  
by the which wee ought to direct the wan-  
dring course of all our affections, yea farre  
more it doth bear dominion, & shew forth  
her noble and surmounting excellencie in  
this masse of ours. The more abundant they  
are, all our internal gifts are more inhaunced  
and flourish the more: where the spirits are  
apparelled with their own nature, and not  
attired or rather tired by any extraordinary  
ill means, which will never be accordant to  
their seemly decency, the soule of man is as it  
were in a *Thessaliã* temple of delight, which  
grove for faire flourishing meades, for the  
pleasant

pleasant shade of bushy Pines, for pirking brooks and gliding streams of wholesome water, for a sweet odoriferous air, for the melodious harmony and chirping of vocall birds, for the fragrancie of medicinable flowers and hearbes, for all pleasures that might feast and delight the senses, and draw the very soule into an admiration of the place, of all other did surpasse, as the *Typographer* maketh mention. But now wee meane to relate of the diversitie of Spirits, both in a generall and speciall acceptation.

*Ælian.*

1. A Spirit is taken for our breath in respiration, as *Galen* sayth, first prognostic If (sayth hee) farre from treatable, it implyes a paine and an inflammation about the *Diaphragma*. Tis often among the Poets taken for winde, among the Philosophers, for an abstract forme, *pro Dæmone, vel bono vel malo*. It is used for a Savour, and for lofty courage. In none of these senses we are to take it in this place, but for a subtile pure aery substance in the body of a man, and thus it may be defined:

*Ludovicus*

*Cel. 2. li. 3.*

*Antiq. lecti.*

*Spiritus est subtilissima, aëria, dilucidissima substantia ex tenuissima parte sanguinis*

*pro*



*producta, cujus adminiculo proprios valeat anima producere actus.* A spirit is a most subtile, aery, and lightsome substance, generated of the purest part of blood, whereby the soule can easily performe her functions in the naturall body. They have their originall and off-spring from the heart, not from the braine, as some hold. For they beeing so pure, and elaborate into the nature of ayre, cannot be generated in the brain, beeing by nature cold, where nothing is produced but that which is vaporous. Again, *Cerebrum est exangue*: the brain is bloodlesse, as it is evident by anatomy, neither hath it any veines to make a conveyance for that humor: therefore it is most probable, that where there is the intensest heate to extract these spirits from the blood, and to rarifie them, converting them into an aery substance, that from thence they should have their efficient cause. For the spirits in speciall, they are of three sorts, vitall, naturall, and animall: vitall in the heart, naturall in the liver, animall in the braine. Vital, because they give power of motion and pulsion unto the arteries; which motion any living creature hath so long as it hath a being, and that being extinct, the life also is extinct.

extinct. 2. Natural in the liver, in that they yeeld habilitie of executing ſuch actions as chiefly concern, not ζῶα, but ζώοντα, as nutrition and generation of the like. 3. Animall in the braine, and though the ſpirits proceed from the heart, yet are they diffuſed through the whole body, in the arteries and veins, and there in the brain they are termed animall, becauſe they impart a faculty to the nerves of ſence and reail motion, which are peculiar to every living creature. The conduits of the ſpirits are the arteries and veins; the arteries carry much ſpirits & little blood, and veins much blood and little ſpirit, yet are each of them the receptacle of both. For the cheriſhing and ſtirring up of the ſpirits, theſe things enſuing are greatly available. Firſt, an illuminated pure aire, purged from all groſſer qualities: ſecondly, a choice of fragrant ſmells; thirdly, muſical harmony and merri-  
ment, as *Ludovicus Cel. Rodig.* doth write: a neceſſary fourth may bee annexed, that is, nutriment, for it rouses up and lightens the ſpirits, therefore the Philoſopher in his Problems ſaith, that *homo pransus multo levior eſt, & agilior jejunus*: after meat, a man is far more light and nimble than while hee is faſting; ſo a merry pleaſant man is more light than

than one that is sad; and a man that is dead, is far heavier than one alive. There be other things also very commodious, as intermission of meditation, a due regard of motion, that it be neither too vehement, and so corrupt the spirits: now mean we to speake in order of the complexions.

## CAP. IX.

*Of a cholericke complexion.*

**C**Holer is termed of the Greeke word χολή, of the Latins *bilis* it is not only taken for the humor, but sometimes for anger, as in *Theocritus* :

ἡ δριμύεια χολή ἐπὶ ῥινὶ καὶ ὀφθαλμοῖς.

Bitter anger appear'd in his face or in his nostrils. So the Latine word is as much as anger. *Plaut. fames & mora bilem in nasum concitant* : for anger first appears in the face or nose, therefore the Hebrewes have the same word for *ira* and *nasus*, that is *aph*, EN which is agreeable to that of *Theocr.* afore mentioned, and that of *Persius*,

*Ira cadit naso, rugosaq; sanna.*

*Pers. sat. 5*

So we say in our English proverb, when a  
man

man is teisty, and anger wrinckles his nose, such a man takes pepper in the nose: but yellow choler is an humour, contained in the hollow inferiour part of the liver, which place is called *χοληδόχος κύστις*, of *Galen*; whose forme is long, and somewhat round, ending with a *conus*, hard by the stem of the *vena cava*, which strikes through the liver, from whence all the veins are derived thorough the whole body: it takes two slender veins from that stem, which makes this probable, that the choler may infect the blood, & cause the *morbis ictericus* or jaundise to disperse it selfe over all the parts of the body: there is a double proceſſion or way of choler, into the *duodenum* & intrals, downward, or into the ventricle upward, the vacuation is easie in the former, but difficult in the later. If the lower passage bee dammed up with the thicke sediments of grosse choler, as oftentimes it commeth to passe, then it ascends into the ventricle, and there procures excretion, hinders the concoction, ever corrupts some part of the nutriment (without a long fast) and takes away the stomacke, yet others thinke that choler is generated in the ventricle also, that it is also a vessel apt to receive it. This humour infects the

veins,

veines, stirres up sudden anger, generates a consumption with his heat, shortneth the life, by drying up the radicall moisture. *Aristotle*, and after him *Pliny*, with many more, doe affirme that those men which want the vesicle of choler, are both strong and courageous, and live long. Yet *Vesalius* sayth (although hee imagins that there may bee some conveyance of choler from the liver into the *duodenum*, so that it do not before gather into a vesicle) he could find by experience none such hitherto. Many things there be which cause this maladicous humour to accrue to such a measure, that it will be ἀνία-τέον τι, an incurable thing; among which we will note some. All fat of meats, saith *Galien*, and such as are burnt, are both hard to concoct, having no sweet juicé, and do greatly increase the cholerick humour, for the acrimony that is in them. All kinde of *Olera* or salt meats, are not onely ill for this complexion, but almost for all, as the Physitians doe affirme: and *Athenarus* to this purpose saith, λαχάνων &c. all kind of pot-herbs & brinish-natur'd meats are obnoxious to the stomacke, beeing of a gnawing, nipping & pinching quality. Again, *dulce vinū non est idoneum picrocholis*, sweet wine is not whol-

*Vesal. lib. 5. ca. 8. de corporis humani fabrica.*

*Gal. in lib. Hippoc. de vict. rat. in morb. acutis, com. 4. lect. 102.*

*Athen. 3. Deipnos.*

wholsom for cholerick complexions as *Hippocrates* witnesses. They are called *picrocholi*, who have a redundance of yellow bitter choler. *Antinous* no doubt did partly for this dissuade *Vlysses* from drinking sweet wine:

*Odys.*

— Οἶκος δὲ τρώει μελιηδὺς.

But howsoever, this sweet wine doth not only ἐκλύειν τὴν ἰσχὺν, and ἀπογυῖν, as the same *Homer* speaks, *Il. E.* as also *Athenaus* notes, *li. 1, Deip.* but also is a great generator of choler: yea, all sweet meats are nurses of this humor, hony especially is cholericke: for sweet wines this is *Galen's* first reason; first, in that much calidity doth make bitter these sweet humors; and again, because such wines be usually thicke, neither can they speedily passe by the *Oureteres* into the bladder: wherby it comes to passe that they doe not cleanse choler in their passage, but rather encrease the power of it, such wines bee *The-reum, Scybelites*, much sweet, thicke, and black as *Galen* calls them. Again, too violent & much motion is not good for that complexion: as *Galen* also saith, much eating is also dangerous for this humor. Then all things that doe dry up the moisture of the body, as watching

*Galen in the booke afore mentioned, sect. 2. Gal. li. 2. de san. tuenda. Gal. li. 7. 6. therapeut. methad.*



watching and care, &c. *vigilantia maxime exiccat corpus*, saith *Galen*. So doth care even consume and burn the body : *cura* therefore is called, *quasi cor urens*.

To these I may associat & joyn our adulterat *Nicotian* or *Tobaco*, so called of the Kn. Sir *Nicot* that first brought it over, which is the spirits *Incubus*, that begets many ugly & deformed phantasies in the brain, which being also hot and dry in the second, extenuats & makes meagre the body extraordinarily, whereof it may bee expected, that I at this instant so wel occasioned should write something, and sure not impertinent to the subject we have now in hand.

This then in brieft I will relate concerning it. Of its own nature not sophisticate, it cannot be but a soveraign leafe, as *Monardis* sayth, especially for externall malladious ulcers: and so in his simple it is for *cacochymicall* bodies, and for the consumption of the lungs, and Tyssick, if it be mixed with Colts foot dried, as it hath beene often experienced. But as it is intoxicated and tainted with bad admixture, I must answer as our learned *Paracelsus* did, of whom my selfe did demaund, whether a man might take it without impechment to his health: who replied,



Ger. li. 2. of  
plants, c. 63

pled, as it is used it must needs be very pernicious, in regard of the immoderate and too ordinary whiffe, especially in respect of the taint it receives by composition: for (saith he) I grant it wil evacuate the stomack, and purge the head for the present, of many feculent and noysome humors, but after by his attractive vertue it proveth *Cacias humorū*, leaving two ponds of water (as he termed them) behind it, which are converted into choler, one in the ventricle, another in the braine. Which accords with that of Gerard their herbalist, in his second book of Plants, ca. 63. of *Tobaco*, or *Henbane of Peru*, and *Trinidad*; for he affirms that it doth indeed evacuat & ease one day, but the next it doth generate a greater flow of humors: even as a wel (saith he) yeelds not so much water as when it is most drawne and emptied. Again, it is most obnoxious of all to a spare and extenuated body, by reason of setting open the pores, into the which cold doth enter: and we know, as Tully saith, li. 6. ep. 403. citing the Poet, *cujus singuli versus sunt illi singula testimonia*, every of whose particular verses is to him *axiomaticall*, as he sayes, *Ψύχος δὲ λεπτῷ χρστὶ πολεμιώτατον*: That is, Cold is a bane and deadly enemy to

a thin and spare body. And since that physick is not to be used as a continual alimēt, but as an adjunct of drooping nature at an extremity; and beside that, seeing every nasty and base *Tygellus* use the pipe, as infants their red corals, ever in their mouths, and many besides of more note and esteem take it more for wantonnes than want, as *Gerard* speaks, I could wish that our generous spirits could pretermitt the too usuall, not omit the physickall drinking of it. I would treat more copiously of it, but that many others, especially *Gerard*, and *Monardis* in his book intituled, The joyfull newes out of the new found world, or West Indies, which *Frampton* translated, have eased me of that labor, so that I may abridge my speech.

Choler is twofold, either naturall or not naturall; the natural choler is twofold, either that which is apt for nutrition, as of these parts which be proportionable unto it in qualities hot and dry, & this is dispersed into the veins, and flows throughout the whole body mixed with blood; the other excremental, unfit to nourish, which purged as a superfluous humor from the blood, is received into the vesicle or vessell and bladder, that is the receptacle of choler, intermed the gall. And  
H this

Per. calls it  
vitrea bilis.

and this usually when the vessell is discharged, distils from thence into the *duodenum* first, then into the other intrals, &c. that which is not naturall of four sorts, λεχιδώδης, πρασοειδής, ὑδατώδης, ἰώδης. The first is *Vitellina bilis*, of the colour of an egge yolke, generated of palew colour, overheated with the acrimony of unntaurall callidity. The second is *Porracea*, of a lecky nature or green colour. The third *cerulea*, of a blewish or azure colour. The last *aruginosa*, of a rusty colour. And all these are generated in the ventricle, by sharp tart & sweet nutriments, as leeks, mustard, burnt meats, hony, so fat meats, and all such as ingender noisomnesse upon the stomacke. Wherupon comes our common disease called καρδιαλγία: for sorrow & vehement exercise cause the yellow choler to flow in the ventricle, by which men being griped and pinched with paine within, do labour of this evil, which indeed hath a wrong name given it: for it is only an affection or passion of the orifice of the ventricle, the mouth of the stomacke, not of the heart, as *Galen* witnesseth. Now to discern a man of a cholerick complexion, hee is al-  
ways either orange or yellow visag'd, be-  
cause he is most inclined to the yellow jaundice:

Gal. de Hip.

& Plat. de

oret. li. 2. c. 8.

dice: or a little swarthy, red haired, or of a brownish colour; very meger and thin, soon provoked to anger, and soone appeased, not like the stone *Asbestos*, which once beeing hot cannot bee quenched: hee is leane faced and slender bodied, like *Brutus* and *Cassius*. He is according to his predominate element of fire, which is most full of levity, most inconstant and variable in his determinations, easily disliking that which he before approved: and of all natures, in that this complexion is counted to surpasse, is, the chole-  
rick man for changeablenesse is reputed among the wise to be most undiscreeet and unwise. And indeed mutablenes and inconstancie are the intimates and badges whereby fools are known.

Εὐφρονέων τετράγωνος, ἄφρον δὲ κύκλος ὑπαρ-  
χει.

Wise men be like unto quadrangled stones,  
But fooles (like turning Globes) are fickle  
ones.

And if at any time he prove constant and stedfast, it is as Fortune is, ——— *constans in levitate sua*, stable in his instability. Let us now descend from fire to aire.

## CAP. X.

*Of a sanguine temperature.*

**T**He purple Rose whose high encomium that witty poetresse *Sappho* in a witty *Ode* once sang, did not merit to be adorned with such beauntious titles of words, to bee lim'd out with such lively colours of Rhetorick, nor to be invested with such a gorgeous and gallant suit of poetry, as his golden crasis, this happy temperature, and choice complexion, this sanguin humor, is worthy of a panegyricall tongue, and to be lim'd out with the hand of art it selfe. *Sappho* thus speaketh of the rose,

Εἰ τοῖς ἀνδρῶν ἤθελεν ὁ ζεὺς  
 Ἐπιθεῖσαι βασιλέα, τὸ ρόδον  
 Αὐτῶν ἀνθέων ἐβασίλευε :  
 Γῆς γὰρ κόσμος, φυτῶν ἀγλαΐσμα,  
 Ὀφθαλμοῖς ἀνδρῶν, &c.

Which we may turne and change for our use on this manner: if there were a Monarch or prince to bee constituted over all

temperature, this purple sanguine complexion should, no doubt, aspire to that high preheminance of bearing rule : for this is the ornament of the body , the pride of humours, the paragon of complexions, the prince of all temperature, for blood is the oyle of the lamp of our life. If we do but view the princely scarlet robes he usually is invested with, his kingly throne seated in the midst of our earthly city, like the Sunne amid the wandring planets : his officers ( I meane the veines and arteries ) which are spread thorowout the whole *Politeia*, yea disperst in every angle to execute his command, and carry the lively influence of his goodnes, reviving those remote parts, which without his influence would otherwise be fretted with a chilnesse , and in a short time be mortified : If we doe but cast our eyes upon these glorious mansions , the sumptuous palaces wherein he doth inhabit : the *Dædalian* costly labyrinths wherein hee takes his turns : if we consider his wise sub- till Counsellors which dayly consort with him for the good estate of his whole Kingdome , the limpid spirits, the very seat of di- vine Reason it selfe , the Fountaines of policie : If wee marke this, That his


departing is the procuring of a civill mutinie and dissension between our soul and body, and that his meere absence brings in a dissolution of a temporall politicall state: if we weigh his excellent qualities he is endowed with, wherein consists the union of the parts of the whole, I mean heat & moisture: if we note his delicate viands, his delicious fare he feeds upon in his purity: his Majesty in aspring so high, his humility in as it were debasing himselfe so low, as to take notice of the lowest subject, the most inferior part, to kisse even our toe (as it is in the proverbe) to doe us good: If we note the mighty Potentates that rebel and wage war against him, to ruinate his kingdom, as *Acraſia*, *Angor*, *Inedia*: all incontinence and intemperance of *Bacchus*, *Ceres*, and *Venus*, *Care*, *Famin*, and the like. If we poise all these together, and many mo, we cannot but imagine that the bloud is either a celestiall majesty, or a terrestriall deity, that among all the humours it doth farre excell all, and that hee which is possessed with a sanguine pure complexion, is graced with the princeliest and best of all. For the externall habit of body, for rare feature, they go beyond all that have this temper,



per, being most deckt with beauty, which consists in a mixture of these two colours, white and red : And for the gifts of the minde , it is apparent likewise to the understanding, that they do surpasse all, having such pure tempered and refined spirits: neither do I thinke that melancholike men, according to *Aristotle* , or cholericke men, according to the opinion of *Petrus Crinitus* , are enriched with a greater treasure of wit. For if the soule do follow the temperature of the body , as certainly it doth, they then must needs excell for invention, who have this best complexion. Their spirits sure have the most exact temper of all, wherewith the soule as being in a paradise, is chiefly delighted. Among all the humours the sanguine is to be preferd, saith the Antiquary; first, because it comes neereſt unto the principles & groundworks of our life, which stands in an attempered heate and moisture. Secondly, because it is the matter of the spirits, whereof chiefly depends our life, the operation of our vegetative and animal vertue, yea, it is the chiefe instrument wherewith our reasonable soule doth operate: for this is the Philosophers *climax* ; In the elements consists the body , in the body the

H 4

bloud,

bloud, in the bloud the spirits, in the spirits soule. Thirdly, because it is a nutriment for all and singular parts, of what qualities soever. It is termed in Hebrew  *sanguis*, for his nutrition, and sure it is as it were the dam or nurse from whose teats the whole body doth suck out and draw life.

Fourthly, in that this humor being spent, our life also must needs vanish away: therefore some Philosophers, as it is well known to the learned, did not onely surmise, but constantly averre that the soule was bloud, because it being effused, the soule also doth flit from the body: but that was a madde dreame, and no doubt if the sound of judgment had awoke them, they would have confessed themselves to have been enwrapped in a cloudy error. They also that affirme men of this constitution to be dullards and fooles, and to have a pound of folly to an ounce of policie, they themselves do seeme not to have so much as a dram of discretion, and doe erre the whole Heavens. I confesse a sanguine complexion may be so, as any other in their dyscrasie, yet not as it is a pure sanguine complexion, but as there is mixed with the bloud, either the grosse sediments of melancholy,  
or

or the *lenta materies pituita*, tough phlegm, when the blood is also over-heated by reason of hot choler, or any other accidentary cause which generates a surplusage of blood, and indues the spirits with a grosseffe, and too hot a quality more than their nature can well sustain with keeping their perfection and purity.

From whence the blood hath his originall, as it is apparently known, especially to them which are skild in the autoritie of anatomy; the seat or fountain of it is *Vena cava*, a great hollow vein which strikes through the liver, from whence it is conveyed by many cisterns, passages, and conduit-pipes throughout the whole body; like sprays and branches from the stemme of a tree. It hath his essence from the chymus or juice of our aliment concocted: his rednesse is caused by the vertue of the liver, assimilating it unto his own colour.

To speak more of the external habit & demeanor of man that hath this complexion: he ever hath an amiable looke, a flourishing fresh visage, a beautiful colour, which as the poet saith, doth greatly commend one, if all other things be wanting.

*Nec minor his aderat sublimis gratia forma,  
Quæ vel, si desint cætera cuncta, placet.*

*Cornel. Gal. With vertues grac'd; full debonair was I,  
of himselfe. Which (all defac'd) more highly dignifie.*

They that are of this complexion are very affable in speech, and have a gracious faculty in their delivery, much addicted to witty conceits, to a scholerlike *ὑπερηλία*, being *facetosi*, not *acetosi*; quipping without bitter taunting: hardly taking any thing in dogion, except they be greatly mooved, with disgrace especially: wisely seeming either to take a thing sometimes more offensively, or lesse grievously than they doe, cloaking their true passion. They bee liberally minded, they carry a constant loving affection, to them chiefly unto whom they bee endeared, and with whom they are intimate, and chained in the linkes of true amity, never giving over till death such a convert friend, except on a capitall discontent. They are very hairy: their head is commonly abran or amber-coloured, so their beards: they are much delighted with a muscicall consent  
and

and harmony, having so sweet a sympathy themselves of soule and body. And but for one fault they are tainted with, they might well be termed *Heroes hominum*, and that is, (by reason of that lively abounding humor) they are somewhat too prone to Venery, which greatly alters their blessed state of constitution, drinks up their *humidum radicale*, enfeebleth the divinest power, consumes their pith, and spends the substance of the braine; for *sperma* is ῥ'οος ἰγκεφάλῃς, as many Philosophers not without great reason assever: not *ter concoctus sanguis*, therefore, as *Macrobius* saith. *Hippocrates* calls τὸν σωμαστίαν, μικρὰν ἐπιληψίαν, that *coitus est parvus morbus comitialis*, and but for this they were supereminent above all men, but their rare qualities and admirable vertues do more than counterpoise this naturall fault. For his resolution, he is like the cēter, immovable, never caried away with the heady stream of any base affection, but lies at the anchor of constancy and boldnes. He is never lightly variable, but being proudly earnest with a steely heart, he wil run upon the push of great danger, yea hazard his life against all the affronts of death it selfe: If it stand either with the honour of his soveraigne, the

*Stillie. cereb*  
*Macr. li. 1.*  
*Saturnal.*  
*at the end.*

the welfare and quiet of his countrey, the after-fame and renown of himself: else he is chary and wary to lay himselfe open to any danger, if the finall end of his endeavor and toile be not plausible in his demurring judgment.

## CAP. XI.

*Of the Pblegmaticke humor.*

**T**His Humour is called of the *Grecians* φλέγμα, and of the *Latines* usually *Pituita*, which *Aëtius* noteth is so tearmed, *quasi petens vitam*, by reason of the extreame cold moisture it hath, being correspondent to the watery element, whereby it doth extinguish the naturall heat in man: and being carried with the bloud, by his grosse substance doth thicken it, and stop the current and passages of the bloud, at least doth taint it with a contrary passive and destructive quality. Yet of all the humours, the *Physitians* say, and it is not improbable, this commeth neereſt unto the beſt: for it is a dulcet humour, which being concocted, is changed into the eſſence of bloud, and ſerves eſpecially for the nutriment of  
the

Phlegmaticke parts, as the braine, the *Nucha* or soft pappe and marrow of the chine bone: but this is naturall: which of all these humours doth soonest digresse into another grosse cold nature, which will in processe of time prove that pernicious humor whereof *Aetius* speakes, there is then to be noted *phlegma naturale*, whereof wee spoke even now, & *non naturale*, of which these proceed, *Phlegma*, 1 *Crassum*. 2 *Gypseum*, 3 *Salsum*, 4 *Acetosum*, 5 *Tenue*, and some others. For the first, that which is thick is a crude substance, by multiplication in the ventricle, the bowels or brain, or the bloud; whereof *Hippocrates* adviseth men to evacuate themselves by vomit every moneth, in his booke *De victus ratione privatorum*. But for the bowels it needs not so much, as for the braine and ventricle, for Nature hath so ordained, that the yellow choler that flowes from the gall into the *duodenum*, should purge the entrailes, and wash away these phlegmaticke superfluities, and this in time will turne to the nature of *Gypseum phlegma*, which is of a slimier, and in time of a more obdurate nature, insomuch that it will grow as hard as a playster, with long remaining in one place, like fen-water

ter



ter that turnes into the nature of mud : and this is it that stries in the joints, and causes the incurable knotty gout, whereof the Poet speaks,

Ovid. Pont.  
lib. 1.

*Solvere nodosam nescit medicina podas  
gram,  
Nec formidatis auxiliatur aquis.*

This was also in a woman whereof *Cal. Rodiginus* makes mention : I read, saith hee, amongst the learned, of a certaine kinde of phlegme like unto plaister, bruised into water, which in a short space abiding in the joints of the members, growes as hard as plaister stone it selfe : we have, saith hee, an example of a woman, which was grievously vexed with an itch in the spondles or joints of the back bone and reins : which she rubbing very vehemently, and rasing the skinne, small mammoicks of stone fel from her, to the number of eighteen, of the bignes of dice, & colour of plaister.

*Cal. Rodig.  
ca. 12.*

3

There is *salsum*, of a saltish nature by the admixtion of brackish humours and of choller, which being in the ventricle, causeth an hydropicall thirst, and somewhat excoriates the intrals. *Plato* in his *Timæus* speaketh of  
this :

this : φλέγμα δὲ, &c. for phlegm being by nature sharp, and of a brinish quality, is the off-spring of all diseases which consist of a fluxile humor, and according to the diversity of places whither this brackish humor doth insinuate it self, the body is teend and accloid with divers and manifold maladies. So *Hip. lib. de flatibus* *procrates* speaks of this, τὸ δὲ φλέγμα δρίμεσι χυμοῖσι μεμίγμενον, ὅποι ἂν προσπέσῃ ἐς ἀγέας τόπους, ἔλκοι. Bitter and salt phlegms where-soever it falls into unwonted places, it doth exulcerate. There is also *Acerosum phlegm.* sharp and tart, which almost is of the same nature with the former, caused chiefly of the mixture of melācholy indued with the same quality. The last is called *Tenne*, which is very waterish and thin of substance, which we ordinarily term rheum, which comes of the word ῥέω, to flow; there be three kindes of it; the first is called *Branchus*, which hath his current from the head into the jawes: the second is called *coriza* or βλέννα, which runs from the nostrils, wee call it the pose, thereupon *blennus* is used for a fool, *homo obesa natis*: as contrariwise *homo emuncta naris* for a wise man. The last is called *catarrhus*, of κάτω and ῥέω, whose matter hath the passage downward into the *affera ar-*  
*ria,*

*ria*, the breast, and the roomes that are contiguous, which usually is a cause of the cough. For the humors make an opilation in the lungs, and stop the pores, whence our breathing aire doth evaporate, and whither it beeing drawne in, doth pierce and betake it selfe, thereupon there is made a resulation, and a struggling with the humour and the aire, which causeth the cough: Though it may happen also, the cause beeing in the *aspera arteria*, as it is well knowne to them that are but initiated into physicke. Though *Hip-*

*Hippoc.li.de pocrates* seemes to say, All cough breedes  
*flatibus, se-* in the mid-way of the artery, not in the  
*tion 3.* lungs. These are his words: For the spirit which we attract (sayth he) is carried to the lungs, and is sent backe by an *ἐκπύση* or regurgitation, and when the rheum distilling down, doth meet the spirit ascending in the artery, the cough is caused, and the phlegmaticke matter cast up, which causeth an exasperation in the artery by the humour which lies in the internall hollowes of the extnberances of our artery: which causeth great heat to bee ingendred there, by the coughing motion, which heat drawes a succedent phlegme, from the braine still

more

more procuring an extreame cough. All phlegme is generated of crudity, though it do attract some bad accidentary quality, whereof it hath the denomination; and the physicians are of that opinion, that natural phlegme concocted will turn to bloud. *Suidas* saith of it, φλέγμα θυ γίνεται πρῶτον ἀπὸ τῆς βρωφῆς: πρῶτον γὰρ ἀπὸ βρωφῆς τὸ αἷμα, τὸ δὲ φλέγμα πρῶτον τῆς ἀπέπτης: phlegme is not ingendred the first after meat, but the first after our aliment is bloud, phlegme is the first after concoction: for the place or receptacle of phlegme, it is not determinate, but it is evident that it hath his mansion in the braine, and the ventricle, and the bloud. Where in the first if it be not evacuated in time, but still be suffered to accrue and clung together, it will breed a *dysodia*, and will indanger the whole nature, by damming up the pores of the brain, and there generating an Epilepsie, Apoplexy, Lethargy, Vertigo, or any such disease that proceeds from such cold qualities and other bad humours; which *Fuch- Leon. Fuch- sius* speaketh of at large: as also for the latter in the ventricle and bloud, if it bee *et mal. hum.* not purged forth, it will grow to such a *corp. 19, 21, 26, 28, 29:* passe, that most of our nourishment will be converted into phlegme, our veines will

be possessed with a clammy humour which may hinder the course of the bloud, corrupting the spirits, and bringing a mortifying cold over all the body: or it wil grow in the ventricle to such a masse, that it wil at the receipt of any hot moisture send up such an ascending fume, that it wil be ready to quirken and stifle us. Instance might be given of many that have bin troubled with the matter of it above measure. One lately was so cloyed with this humor, that as he sate in his chaire, he suddenly was surprised with the surging fume, who swooned as he sate, and having oile of cinnamom (which is a soveraign help for it) ministred unto him, at the length came to himselfe; by the heat of the oil which revived him, and voided a great abundance of roping phlegm, by the loosning vertue of the same. For the intimates of this complexion, they by nature are alwaies pale coloured, slow paced, drowfie headed, of a weak constitution, for the debility of naturall heat: they be also dull of conceit. of no quicke apprehension, faint hearted, most subject to impostumes, mild of nature, seldom insensed with anger, vext much with wrinching and griping in the bowels, sore tormented with the grievous pain of the wind cholick.

## CAP. XII.

*Of a Melancholicke complexion.*

**T**He melancholick man is said of the wise  
to be *aut deus aut demon*, either angel of  
heaven, or a fiend of hel: for in whomsoever  
this humor hath dominion, the soule is either  
rapt up into an Elysium or paradise of blisse;  
by a heavenly contemplation; or into a dire-  
ful hellish purgatory, by a cynicall meditati-  
on: like unto a huge vessel on the rolling sea,  
that is either hoist up to the ridge of a maine  
billow, or est hurried down to the bottome  
of the sea vally: a man is ever lightly cast into  
a trance or dead slumber of cogitations, by  
reason of this sad heavy humor, always stoi-  
cally visaged, like gout headed *Archefilas*, &c  
them of whom the Poet speaks,

*Persius.*

— *Ærumnæ siq̃ Solones*

*Obstipo capite & figentes lumine terram,  
Murmura cum secum & rabiosa silentia ro-  
dunt;*

*Atq̃ exporreſto trutinantur verba libello:  
Ægroti veteris meditantés somnia gigni  
De nihilo nihil, in nihilum nil posse reverti.*



*Like pumpkin-headed Solonists they looke,  
The dull earth is their contemplation booke;  
They madly murmur in themselves for routh,  
They heave their words with Leavers from  
their mouth:*

*They musing dream on th' antick axiom,  
Nought's fram'd of nought, to nought ne  
ought may come.*

Of all the four, this humor is the most unfortunate and greatest enemy to life, because his qualities being cold and dry, do most of all disagree from the lively qualities, heate and moisture: either with his coldnes extinguishing naturall inherent heat, or with his drines sucking up the native moisture. The melancholicke man therefore is said to bee borne under leaden *Saturn*; the most disastrous and malignant planet of all, who in his copulation and conjunction with the best, doth dull and obscure the best influence and happiest constellation. Whose qualitics the melancholicke man is indowed with, being himselfe leaden, lumpish, of an extream cold and dry nature, which cuts in twain the thred of his life long before it be spun; insomuch that he may rightly say with *Hecuba*, though

*Eurip. in his she spoke of a living death,*

*Hecuba.*

*Τέθνηκε' ἐγώ γε πρὶν θάνατον :*

*I am*



I am dead before the appointed time of death. For this humor if it be not oft helped with mirth or wine, or some other accidental cause which is repugnant to his effect, it will cause nature to droup, and the floure of our life to fade in the budding prime. These means to cherish, foster, and prolong our life, are like the rayes of the Sun, to raise and lift up the hyacinth or violet, being patted down to the earth with sudden droppes of raine, wherof the Poet speaks,

*Qualis flos violæ seu purpurei hyacinthi  
Demittit pressas rore vel imbre genas,  
Moxq̃ idem radijs solis tepesfactus amici  
Attolitur multo latus honore caput, &c.*

*Like as the Hyacinth with purple hew,  
Hangs downe his head, ore-drencht with sil-  
ver dew,  
And erst when Sol ha's drunke up th' driz-  
ling raine,  
With smiling cheare'gins looke full pert a-  
gaine;*

Even so the soule being pressed downe  
with the ponderous weight of melancholic,  
and

and as it were a thrall unto this dumpish humor, is rowzed up with wine and meriment especially, and enfranchis'd again into a more ample and heavenly freedom of contemplation. This humor is termed of many, *πᾶθος ἡ-  
πρωτόν*; as of *Aul. Gel.* so of *Cel. Rhod.* and others; who aver that those that are born under *Saturn*, melancholicke men, as *Saturn* is the highest planet of all, so they have the most aspiring wits of all. Divine *Plato* affirms, that those have most dexterical wits, who are wont to be stird up with a heavenly fury: he saith, *frustra poeticas fores, &c.* hee that knockes not at the portal of Poets Inne, as furious and beside himself, is never like to be admitted in. A man must not with the foole in the fable, rap at the wicket with the five-penny nayle of modesty, if he meane to have entrance into the curious roomes of invention. *Seneca* sayth, *Nullum fit magnum ingenium sine mixtura dementiae*: wit never relishes well unlesse it taste of a mad humour, or there is never any surpassing wit which is not incited with fury. Now of all complexions, Melancholy is *Oestro percita, furore concitata*, most subject unto furious fits: whereby they conclude, That melancholicke men are endowed with the rarest

*Aul. Gel. lib.  
18. c. 4. 7.  
Noc. Attic.*

*Cel. Rhod.  
17. 5.*

rarest wits of all. But how shallow this their reason is, he that hath waded into any depth of reason may easily discern. They might proove an Ass also of all other creatures most melancholicke, and which will bray as if he was horne mad, to be exceeding witty. They might say this as well, That because *Saturne* is the slowest planet of all, so their wits are the slowest of all. I confesse this, That oftentimes the melancholike man by his contemplative faculty, by his assiduity of sad and serious meditation, is a brocher of dangerous Matchiavellisme, an inventor of stratagems, quirkes, and policies, which were never put in practise, and which may have a happy successe in a kingdom, in military affaires by land, in navigation upon the sea, or in any other privat peculiar place: but for a nimble, dexterickall, smirke, pregnant extemporary invention, for a sudden ἀγχινοια, a pleasant conceit, a comickall jeast, a witty boord, for a smugge neat stile, for delightfome sentences, ver-nished Phrases, queint and gorgious elocution, for an astounding Rhetoricall vein, for a lively grace in delivery, hee can never bee equivalent with a sanguine complexion, which is the paragon of all, if it go

not astray from his owne right temper and happy crasis, nay the former must not so much as stand at the barre, when the later with great applause can enter into the lists. Hee that wishes this humour whereby hee might become more witty, is as fond as *Democritus*, who put out both his eyes voluntarily, to be given more to contemplation. Of all men wee count a melancholicke man the very sponge of all sad humours, the *Aqua-fortis* of merry company, a thumbe under the girdle, the contemplative slumberer, that sleepest waking, &c. But according to physicke there bee two kindes of melancholy, the one sequestred from all admixtion, the thickest and driest portion of bloud not adust, which is called naturall, and runnes in the vessels of blond, to bee an alimient unto the parts which are melancholickely qualified, as the bones, gristles, sinewes, &c. The other is *κατακεκαυμένη μελαγχολία*, which is a combust black choler, mixed with saltish phlegmaticke humour, or cholericke, or the worst sanguine. If you desire to know this complexion by their habit and guise: They are of a black swarthy visage, dull paced, sad countenanced, harbouring hatred long in their breasts,

Gal. Rhod.  
li. 57. ca. 5.

breasts, hardly incensed with anger, and if angry, long ere this passion bee appeased and mitigated, crafty headed, constant in their determination, fixing their eyes usually on the earth, while a man recites a tale unto them : they will picke their face, bite their thumbes, their eares will bee sojourners, like *Cleomenes* in *Plutarch*, *Animus est in Peloponeso* : their wit is a wooll-gathering, for laughing they be like almost to *Anaxagoras*, of whom *Ælian* sayes, *πὸ τὸ οὐ γελᾷ*, he never laught; they be much given to a solemn monastick life, never wel-nigh delighted with consort; very subject to passions, having a drop of words, and a flood of cogitations, using that of *Pythagoras*, *μὴ ἐν πολλοῖς ἐλίστα, ἀλλ' ἐν ὀλίγοις πολλὰ* they are cold in their externall parts, of a kind nature to them with whom they have long conversed, and though they seeme for some dislike to alienate their minds from their friend, yet are they constant in affection.

But for the first kinde of melancholy, it is ever the worthier and better. This they call the eleſuary and cordiall of the minde, a restorative conservice of the memory, the nurse of contempla-

tion,

tion, the pretious balm of wit and policy: the enthusiastick breath of poetry, the foyson of our phantasies, the sweet sleep of our senses, the fountain of sage advice and good purveyance; and yet for all this it comes far behind the pure sanguine complexion. Neither do I think it is to be adorned with these habiliments of words, and pranckt up with such glorious titles as usually it is, of whom wee do usually treat of it. For the later, it causeth men to be aliened from the nature of man, and wholly to discard themselves from all society, but rather like hermits and old Anchors, to live in grots, caves, and other hidden cels of the earth: the first may be compared to an Eagle, *quæ altissime volat: sed tardissime se elevat*; which soareth high, but is long ere she can raise up her selfe. To *Oedipus*, of whom *Euripides* saith,

Θ' δ' ἄνθρωπος, μεγαπρονών.

So this melancholy causeth one look to be on earth creeping, yet their minds soaring aloft in heaven. The later to *Rufus in Anson*. (the fond Rhetorician) of whom the Poet speakes, that there was no difference betwene himselfe and the stone statue,  
but



but that it was harder, and hee softer.

*Unum hoc diffimile est, mollior ille sxit.*

*Auson.*

Or to *Niobe*, when she was converted into a marble image by *Latona*, for he that is possessed of this melancholy, hath both soule and body as glued unto the earth. The chiefe place of this humor is the spleen, though it be in many other divers places. Now for all these humors, it is good for a man first to make a wise scrutiny, whether hee be inclining to the excesse of any of them, then to use a diet, and to reject such nutriment as wil increase this humour which is predominant in him: for the natures of all usuall meats, fruits, liquors, spices, herbs, and such like, it is easie for a man of reading or judgment, perfectly to be acquainted with, or at least to give a guesse at their properties & qualities.

For this purpose Master *Cogan* hath made an abstract of our ancient authors, not unworthy to be perused, intituled the haven of health, wherein is set downe a *cristorion* of usuall qualities and predominant properties, inherent in the forenamed subjects.

Cap.



## CAP. XIII.

*Of the conceits of melancholy.*

*Fernel.*

**F***ernelius* describes this later kind of melancholy, which is feculent and adust, to be *mentis alienatio, qua laborantes vel cogitant, vel loquuntur, vel efficiunt absurda, longeq; à ratione, & consilio abhorrentia, ea-que omnia cum metu & mœstitia*: a losse of wit, wherewith one being affected, either imagins, speaks, or doth any foolish actions, such as are altogether exorbitant from reason, and that with great timorousnesse and sorrow. They that bee accloyed with it, are not onely out of temper for their Organs of body, but their minds also are so out of frame, and distract, that they are in bondage to many ridiculous passions, imagining that they see and feel such things as no man else can either perceive or touch: like to him in *Aristotle*, of whome the *Philosopher* sayes it happened unto him, *ὄκ ἐξὺ βλέποντι, &c.* who being purblind, thought he alwaies saw the image of one as hee was walking abroad, to be an adverse object unto him. We will treat of some merry

*Arist. lib. 3.  
Meteor. ca. 4.*

merry examples, wherof we read in *Galen*; lib. 3. *de locis affectis*, in *Laurentius Medicus* cap. 7. *de morbis melanchol.* In *Ætius*, *Scaliger*, *Agrippa*, *Athenæus*, and others. There was one posselt with this humor, that tooke a strong conceit, that he was changed into an earthen vessell; who earnestly entreated his friends, in any case not to come neere him, lest peradventure by their juggling of him he might bee shak't or crusht to pieces.

Another sadly fixing his eies on the ground, and hurckling with his head to his sholders, foolishly imagin'd, that *Atlas* being faint, & weary of his burthen, would shortly let the heavens fall upon his head, and break his crag.

There is mention made of one that perswaded himselfe he had no head, but that it was cut off. The physitian *Philotinus* to cure him, caused a heavy steel cap to be put on his head, which weighed so heavy, and pincht him so grievously, that he cried amaine, his head ak'd: Thou hast then a head belike, quoth *Philotinus*. *Iulius Scaliger* relates a merry tale of a certain man of good esteeme, that sitting at the table at meat, if he chanced to heare the lute played upon, took such a conceit,

conceit at the sound or something else, that he could not hold his urine, but was constrained est, to pisse amongst the strangers legges under the table. But this belongs to an antipathy more.

*Iul. Scal.*

There was one so melancholicke, that he confidently did affirme his whole body was made of butter; wherefore hee never durst come neere any fire, lest the heat should have melted him.

*Cippus* an Italian King, beholding & wondering at in the day time, the sight of 2 great bulls on the Theatre, when he came home tooke a conceit hee should be horned also: wherefore sleeping upon that strong conceit, in the morning hee was perceived to have reall hornes budding forth of his brow, only by a strong imagination, which did elevate such grosse vegetative humor thither, as did serve for the growth of horns.

*Peter Mes.  
and Cornel.  
Agrip. li. 1.  
Occult. Phil.  
ca. 64.*

We reade of one that did constantly believe that hee was the snuffe of a candle, wherefore he entreated the company about him to blow hard, lest hee should chance to goe out.

Another upon his death bed greatly groaned, and was vexed within himselfe above measure with a phantasie: who being demanded

manded why he was so sorrowful; and bidden withall to cast his minde upon heaven, answered, that hee was well content to die, and would gladly be at heaven, but hee durst not travell that way, by reason of many theeves which lay in wait and ambush for him in the middle region, among the clouds.

There was an humerous melancholy scholler, who being close at his study, as hee was wiping his rheumaticke nose, presently imagined that his nose was bigger than his whole body, and that the weight of it weighed downe his head, so that he altogether was ashamed to come into company. The Physitians to cure him of this conceit, invented this means: they took a great quantity of flesh, having the proportion of a nose, which they cunningly joined to his face while hee was asleepe: then beeing waken, they rased his skinne with a rasour till the blood thrilled downe, and while hee cried out vehemently for the paine, the physician with a jirke twitcht it from his face, and threw it away. Of his conceit that thought himselfe dead, it is related of many, who was cured after this manner: they furnisht a table with variety of dishes, and caused three or foure in white linnen sheets

ſheets to ſit downe and eat the meat in his preſence : who demanded what they were ; they answered that they were ghoſts. Nay then, replied he, if Spirits eat, then I thinke I may eat too, and ſo he fell roundly to his viſuals, having not eat any in a ſeven night before.

There was one that tooke a conceit he was a god ; who was thus cured of his maladie : he was pent up in an iron grate, and had no meat given him at all, only they adored him, and offered to his deity the fumes of frankincenſe, and odours of delicate diſhes which alwaies paſt by him. Whoſe deity grew at length ſo hungry, that he was faine to confeſſe his humanity, unleſſe he meant to have bin ſtarved.

The like we reade to be reported of *Menebrates*, who being a great phyſitian, and doing many wonderfull cures, had ſuch a ſwelling pride, and over-weening opinion of himſelfe, that he eſteemed himſelfe a god : wherefore he thus wrote to *Philip* King of *Macedon*, Μενεβράτης ζεὺς Φιλίππῳ ἰατροῖς; Thou ruleſt in *Macedon*, I in medicine : thou canſt deſtroy thoſe that are well, if it pleaſe thee, I can reſtore health to them that are ill : I can deliver the ſtrong from

from sickness, if they wil obey my precepts, so that they may come to the pitch of old age; I *Iupiter* give life unto them. But it is appatent by *Athenæus*, that he did this as be-  
Athen. li. 7.  
pag. 289.  
 lies himselfe with melancholy; for these bee his words: πρὸς ὃν μελαγχολῶντα ἐπέσειλεν ὁ Φίλιππος, Μενεκράτει ὑγιαίνειν: that is, Vnto whom being posselt with this mad humor of melancholy, *Philip* writ an Epistle thus; *Philip*, to *Menecrates sanitatem mentis*, his right wits.

There was one that perswaded himselfe he was so light, that he got him iron shooes, lest the wind should have taken up his heels.

Another ridiculous foole of Venice verily thought his shoulders and buttocks were made of brittle glasse; wherefore he shunned all occurrents, and never durst sit downe to meat, lest he should have broken his crackling hinder parts: nor ever durst walke abroad, lest the glasier should have caught hold of him, and have used him for quarels and panes.

But of all conceited famous fooles, hee is most worthy to be canonized in the chronicles of our memory, that chose rather to die than to let his urin go, for he assuredly belceved that with once making water he should



drowne all the houses and men in the town where hee dwelt. To the making away of which conceit, and to make him vent his bladder, which otherwise would in a short time have caused him to die; they invented this quirk, to wit, to set an old ruinous house forthwith on fire, the Physitians caused the bells to ring backward, and intreated a many to run to the fire: presently one of the chiefe inhabitants of the town came running post-hast to the sicke man, and let him understand the whole matter: shewing him the fire, and withall desiring him of all favor, very earnestly, and with counterfeit teares, to let goe his urine and extinguish this great flame, which otherwise would bring a great endamage-ment to the whole town, and that it would burne also the house up where hee did dwell. Who presently not perceiving the guile, and mooved by the mans pittifull lament and outcry, sent forth an abundant streame of urin, and so was recovered of his malady. Divers other pleasant examples are recited of antient writers, but our short-breathing pen hastens to the races end.

Cap.  
X.



## CAP. XIV.

*Of the dreams of complexions.*

**T**He poetickall writers make mention of two sorts of dreames, the one proceeding *ex ebarnæa*, the other *è porta cornea*, frō the former gate fabulous and false events doe issue, from the latter true and full of soothfastnesse: which *Coluthus* the Thebane Poet in his *Helenes* rape thus describes.

Νύξ δὲ πόνων ἄμπαυμα μέτ' ἡλίοιο κελύωδ' *Coluthus in*  
 ὕπνον ἐλαφρίζ' ἑτα μῆτορος ὤπασεν ἑὼς *Ελένης.*  
 Ἀρχομένη : δειῶς δὲ πύλας ᾤξεν ὀνείρων : *ἄρπαγῆς*  
 Τὴν μὲν ἀλήθειας κεράων ἀπελάμπετο κόσμῳ,  
 Εἴ μιν ἀνὰ δρώσχεσι θεῶν νηκερτέες ὁμοφαί :  
 Τὴν δὲ δολοφροσύνης κενέων δρέπ' ἱερας ὀνείρων.

Which *Virgil*, in the 6 of the *Ænead.* at the end thus also paints forth,

*Sunt geminae somni portæ, quarum altera*  
*fertur*  
*Cornea, quæ veris facilis datur exitus umbris*  
*Altera candenti perfecta nitens Elephanto :*  
*Sed falsa ad cælum mittunt insomnia manes.*

Which 2 gates, maugre this my waiward  
and dampish *Genius*, which hales me at this  
instant from my poetickall throne, I will thus  
describe in our tongue ;

*Where slumbring Morpheus wont there been  
two gates,*

*Twixt both dull Somnium in her cabbie lies,  
Who halfe asleep, hard at the dawning waits,  
To answer our nocturnal phantasies :  
Of born it is, whence she doth prophesie ;  
Whence not, it is of burnisht Ivory.*

*Lucia in his Gallus, or Somnium, speaks also of duæ aureæ portæ, two golden gates.* Of these *Homer, Od. 19.* a little after *Penelope's* dream of the goole ; *Ansonius* in his *Ephem. Hor. carm. 3. 27.* *Lucian, Plato,* and many others make mention. And true it is, that all dreams be either true or false, either prognosticous of some event to fall out, or false illusions : as when we dreame we have store of gold with *Luc.* and all our gold is turned into coles. But to draw more neere unto our purpose, dreams be of three kindes, as *Joach. Fortius, Ringelberg* notes, *Fatall, Vain, Naturall.*

*Fatall* or portentuous, which do fore-divine, and are as it were prophets to presage and foretell events that shal happen unto us, whether

whether they be allegorical or not : such a dream is called *δνειρον*, of *ὄν* and *ἔρω*, as the schoolemen speake, because they foresheew an existent thing to come as we would say. It is termed *θεόπνεστον*, and *δείη ὄμνη*, especially if they be in a high measure: althoug Aristotle deny that any dream is sent of God, but prophanely.

For this is the difference between *ὄνιον* and *δνειρον*, saith *Suidas*. that the first is *ἀσήμενον καὶ εὐδένος πραγματευτικόν*, the last fore-prophecies. These *δνειρα* or fatall dreams be prognosticous of either good or bad succes, as this ; *Hecuba* dreamed that shee had brought forth a burning torch, which was an intimate of Paris, who was then in her wombe, and who should in after-times be the destruction and fire-brand of Troy. *Cicero*.

So *Caesar* Dictator dreamed he had copulation with his mother, which did uncloud as by a silent oracle, that the earth the mother of all things should bee under his subjection.

*Penelope* dreamed of twenty Geese that came into her hall, and did pecke up all her wheat : and that an Eagle came from an high mountaine, and seising upon them did eftsoone kil them. Which was a shadow of *Hom. 19 Od.*

*Ulysses* (by the Eagle) who should put the suiters of *Penelope* to flight.

Herod. &  
Justin.

*Astyages* saw in his sleepe a vision of a Vine, which did spread it self from the womb of his only daughter, by whose flourishing branches all Asia was overshadowed. Which foretold by the Augurs, was a shadow of *Cyrus*, by whose meanes *Astyages* should lose his kingdome.

Apuleius de  
dogm. Plat.  
l. 2. et Laert.

*Socrates* in *Dio*: *Laërtius* dreamed, That hee saw a young Cygnet waxe fledge in his bosome, and est beeing winged, to flie aloft, and fill the aire with melodious Carols. Which did as it were predivine the admirable eloquence of *Plato* his scholer.

The history is well knowne of *Cræsus* his dreames; Whereof *Pertelot* speakes to *Chaunticlere*, in the merry tale of the Nuns priest.

*La Cræsus, which was of Lydia King,*  
*Dreamt he not that he sate upon a tree,*  
*which signified that he should hanged bee.*

Many more be rehearsed in that place, which is worthy to be read: wherein the poet shews himselfe both a Divine, an Historian, a Philosopher

loſopher and Phyſitian. Intreating of dreams, we wil not intermeddle with theſe, the ominous and fatal dreams wee read of in the ſacred writ. One portentous dream I wil recite which comes to my memory, and which I my ſelf heard related of the party that dreamed it.

There was one that dreamed ſhe was walking in a greeniſh mead, all fragrant with beautifull flours and flouriſhing plants, who whileſt ſhe wondred and ſtood as amaz'd at the glory of the ſpring, an ancient ſir, all wither'd and lean-faced with oldnes, the very emblem of death, made toward her with a green bough in his hand, ſharpning it at the end; who as ſhe fled away from his purſuit, darted it oftē at her, the branch 3 times coming very neere her, yet did not touch her at al: who whē he ſee he could not prevail with his aim, vaniſhed eſt away & left the bough behind, and ſhe as aſtounded & affright with the dream, preſently awoke. Now mark the ſequel of it: within 3 dayes after ſhe was for her recreation ſake walking in a greeniſh incloſure hard by a pond ſide, & on a ſuddē her brain was ſo intoxicat & diſtemper'd, whether with a ſpice of a *Vertigo*, or what amazing diſeaſe ſoever, I know not, but ſhe was

hurried into a deep pond with her head forward, being in a great peril of drowning, and if she had not caught fast hold by chance of a branch that hung over the water, shee had been drowned indeed.

These also are fatall dreames : as when we dreame of Eagles flying over our heads, it portends infortunatenesse. To dreame of marriages, dancing, and banqueting, foretells some of our kinsfolkes are departed : to dreame of silver, sorrow, if thou hast it given thy selfe : of Gold, good fortune ; To lose an axle-tooth or an eye, the death of some speciall friend. To dreame of bloudy teeth, the death of the dreamer : to weep in sleepe, joy : to contemplate ones face in the water, and to see the dead, long life. To handle lead, some melancholike disease. To see a hare, death. To dreame of chickens and birds, commonly ill luck. All which, and a thousand more, I will not aver to be true, yet because I have found them or many of them fatall, both by myne owne and others experience, and to be set downe of learned men ; and partly to shew what an ominous dream is, I thought good to name them in this chapter.

Vaine dreames bee, when a man imagines  
 he



hee doth such things in his sleepe, which hee did the day before, the species being strongly fixed in his phantasie, as if hee having read of a *Chimera*, *Sphinx*, *Tragelaphus*, *Centaurus*, or any the like poetical fiction, sees the like formed in his phantasie, according to their peculiar parts : and such as when wee dreame wee are performing any bodily exercise, or laughing, or speaking, &c. These also may be fatall, as if we dreame we doe not any thing with the same alacritie, with the like cunning, and in the same excellencie in our sleepe, as wee did them in the day time, they foreshew some perturbation of body, so sayth the Physitian in his treatise of dreams: *Hippoc.lib. of Dreams.* for hee saith that those dreames which are not adverse to diurnall actions, and that appeare in the purity of their subjects, and eminencie of the conceived species, are intimates of a good state of health : as to see the Sunne and Moone not eclipsed, but in their sheene glory : to journey without impediment in a plaine soile; to see trees shoot out, and laden with varietie of fruits, brookes sliding in sweet meades, with a soft murmur, cleare waters, neither swelling too high, nor running



ning nigh the channell, those sometimes are vaine, and portend nothing at all: sometimes they signifie a sound temperature of body.

The last kinde, which is most appertinent to our treatise, is a dreame naturall: This ariseth from our complexions, when humours bee too abundant in a wight; as if one be cholericke of complexion, to dreame of fire-workes, exhalations, comets, streking and blazing meteors, skirmishing, stabbing, and the like. If sanguine, to dream of beautifull women, of flowing streames of bloud, of pure purple colours. If phlegmaticke, to dreame of surrounding waters, of swimming in rivers, of torrents and sudden showres, &c. If melancholicke, to dream of falling downe from high turrets, of travelling in darke solemne places, to lie in caves of the earth, to dream of the diuel, of black furious beasts, to see any the like terrible aspects.

*Cæl. Rhod.* *Albertus magnus* dreamed that hee drunke blacke pitch, who in the morning when hee awoke did avoid abundance of blacke choler.

Concerning these forenamed complexionate dreames, looke *Hippocrates de insomniis,*

*nis, sect. 4.* But these may belong more unto a distemperature by a late miserie in any complexion confusedly, than to a naturall complexion indeed. as when a man after a tedious wearisome journey doth inflame his body with too much wine, in his sleepe hee shall see fires, drawne swords, and strange phantasma's to affright him, of what complexion soever he be. So if we overdrinke our selves we shall dream (our nature being wel nie overcome) that wee are in great danger of drowning in the waves: so if wee feed on any grosse meats that lie heavy upon our stomack, and have a dyspepsy or difficult concoction, we shall dream of tumbling from the top of high hills or wals, & awaken withall before wee come to the bottom, as wee know by experience in our own body, thogh not of a melancholicke constitution; yet it should seem too, that this humour at that instant domineers especially, by reason of the great tickling of our spleene in falling from any high roome, which we eath perceive when we awake suddenly out of that dream. They that are desirous further to quench their thirst concerning this point, let them repaire to the fountaines, I meane to the plentiful writings of such learned authors, as write  
of

of dreams more copiously, as of *Cardan* that writes a whole treatise *de insomniis*, and the *Alphabet of dreames*, and *Peter Martyr*, *part. 1. com. pla. ca. 5.* and many others.

## CAP. XV.

*Of the exactest temperature of all,  
wherof Lemnius speaks.*

**T**HEY that never have relished the verdure of dainty delicacies; think homely fare is a second dish, saith the Poet: they that never have been ravished with the sense-be-reaving melody of *Apollo*, imagin *Pans* pipe to be surpassing musick: they that never have heard the sweet voic'd Swan and the Nigh-tingall sing their sugred notes, do perswade themselves that Grasshops and Frogs with their brekekekex coax can sing smoothly, when they crouk harshly: as *Charon* in *Aristoph.* bidding *Bacchus* as hee past to hell in his boat over *Acheron* to row hard, for then he should heare a melodious sound of frogs.

*Arist. in his  
Rane.*

— Βάτραχων κύκλον θαυμαστόν, &c.

Singing like swans before their death: so they  
that

that have never seen in any, or at least never contemplated this heavenly harmonical crasis, this excellent and golden temperature, this temperament *ad pondus*, do surmise that there cannot be a more perfect crasis and sweet complexion, than those that are vulgar to the common eye: when indeed there is no complexion, no temper that is perfect and pure to any eye, though the sanguine doe excell all the rest:

*Quantũ lenta solent inter viburna Cupressi.*

As far as the high and beautifull Cypres tree peers over the limber shrub & lower Tamarisk. This golden temperature must be onely understood and seen with the internal eies of reason, seeing it hath not a reall existence. Which wee may describe notwithstanding, to shew how neer he that hath the best, comes nie unto the best; & how far he that hath the worst doth wander & digresse from the best. He whom we are taking in hand to blazon out according to our meaner pensil, may be likened to *Ciceros* & *Quintilians* orator, to *Xenophons Cyrus*, to *Aristotles Felix*, to Sir *Thomas Moors Eutopia*, to *Homers Achilles*, to the Stoicks perfect man, to *Euripides* his  
happy

happy soul, in the end of his *Electra*, and in his *Hecuba*, where he saith,

*Hecuba her  
words in  
Euripides.*

——— Ἡ εἶτος δ' ὀλβιώτατος  
Ὅ' τω κατ' ἡμᾶρ τυγχάνει μηδέν κακόν.

He is in a most happy case, to whom never a day there happens any ill. There was never any of these in the same perfection they are described: who is so happy? nay, who on earth almost cannot say with the sycophant in *Aristophanes*,

*Arist. in his  
Plut. act. 4.  
Scen. 3.*

Καὶ τρεῖς κακοδαίμων καὶ τετράκις, καὶ  
Πεντάκις, καὶ δώδεκάκις, καὶ μυριάκις.

I am thrice unhappy, and four times and five times, and 12 times, and an hundred times. None of these (I say) are limd out, as if there were the like in eminencie and dignity, but either for affection, or a fume of glory, by their applausive description, or else for a *de-  
bere*, to shew what they ought to be: so this temperature must bee depainted forth of us, not according to his existency, as if there were the like extant, but according to a kind of exigency, as it should be inherent. The man then that hath this crasis is absolute in the  
equal

equall poize of the elements; he is sayd to be perfect according to the perfect square of *Polycletus*, who (as *Fabian* reports) for his cunning did merit a name above all mortall men, for carving images, being called the *Archetypus* of all artificers: in this eucrasie there is an absolute symmetry, a sweet consent, a harmony of the first qualities, in the whole subject a conspuration of all faculties. Hee that is endowed with it, all his senses are vigorous and lively, all his innate powers do performe their duties without indammagement each to other, and without impeachment to the whole. His material parts have *Hip. de vi&.*  
*ὕδατος λεπτότατου, καὶ πυρὸς ἀραιότερον*, which *li. 1. sect. 4.*  
 implies that there is *σύγκρασις ὑγιεινότητι*.  
 His braine is neither moist nor dry, his mind acute, industrious, provident, his manners incorrupt, wit singular, dexterically, pregnant, admirable: his memory stable, like unto *Seneca's*, who witnesseth of himselfe, that *Sen. in pro-*  
 hee could easily have recited by heart many *log. ad De-*  
 things, *usque ad miraculum*, to the ad-*clam.*  
 miration of all men. Like unto *Cæsars*, who could speake two and twenty languages, write, invent, and understand a tale told, all at onetime: his nature calme, not exposed to the blast of vitious perturbations,

bations, as he is not rash and heady in his attempts, so is hee no procrastinator, but in all enterprises making choice of wisdom and judgement his Delegates, his disposition is so generous, that without all compulsion he will raine in his head-strong and untamed appetite with the bridle of reason. Hee is neither puffed up with prosperity, nor of an abject and drooping carriage by adversity, though he be tossed never so upon the surging waves of fortune: hee holds fast the helme of confidence, never in the least daunger to sinke downe to the gulfy bottome of despaire. Being in a pecke of troubles, hee loses not a graine of courage and true fortitude. For patience he is another *Atlas*, that will cage a whole world of injuries without fainting; in whom are affections, but they be all used in their proper objects, he followes not their stream, he is witty, not addicted to scurrility, all his conceits are seasoned with the salt of discretion, as they tast not of a scenical levity, so they relish not a cynicall gravity and severity. In matters of moment he demeans himselfe as a grave umpire, with al wise deportment he ballances al his words and deeds with gravity and discretion, his  
tongue



tongue is the usher of his sage advice,repentance, which usually lies at the doore of rash folly, never once comes so much as within the precincts of his court: for his chastity he is an admirable president and patterne, his chrystall eyes and sweet countenance, are the heraulds and characters of his gracious and compenable, and vertuous mind; his very nod is vices scourge, in his whole habit, colour, lineaments, beauty, portraiture, there appears an heroical majesty, there shines an admirable decencie, insomuch that he may easily allure the greedy spectator, not onely to stand admiring of him, but withall intirely to embrace & love him. His head is not oblique & angular, but right orbicular: his haire not harsh, but smooth and soft, his forehead not harbouring in the wrinkeling pale envy, but like theirs rather,

*Qui Thymeleum spectant derisoremq; Catonem.*

His face is not overspred with the clouds of discontent at any time, but having a lovely amiable aspect full of all pleasance, wherein the snowy lilly and the purple rose do strive for preheminnence and dominion. In his life

he is neither a *Democritus*, who ever  
laught, nor an *Heraclitus*, alwaies blubbring,  
as the Poet speaks of them,

*Perpetuo risu pulmonem agitare solebat  
Democritus, quoties à limine moverat anum  
Prohibuit q̃ pedem; flevit contrarius alter.*

The one each where with ever-kincking vain  
The bellows of his breath he tore in twain :  
The other with a double-suced eye  
Did sacrifice his tears to vanity.

His gate also is sage & grave, not affected &  
strouting like a stage-player: his whole body  
(as *Marlo* saith of *Leander*) as straight as  
*Cercés* wand: who is all gracious to behold :  
like *Achilles*, of whom *Maximus Tirrhus*  
sayes, he was not only to be extold for his ex-  
ternall and golden locks, (for *Euphorbus* in  
like manner had faire yellow hair ) but be-  
cause he was adorned with all vertue : In  
whom, as *Museus* saith of *Hero*, there was  
above the ordinary number among the poets,  
to wit an hundred Graces : he is all favor, as  
*Amarantha* in the poet was all *Venus* :

*Sannazar. Hic Amarantabajacet, que si fas vera fateri,*  
li. 2.

*Ant*

*Aut Veneri similis, vel Venus ipsa fuit.*

*Here Amarantha lies, who was of right,  
Like s Venus fair, or certes Venus hight.*

*Like Ephesus Enthymicus, of whom Achil-  
les Tatius saith, that he was — καλὸς ὡς Achil. Tat.  
μαραχίοις ὅσον Ρ' οδόπη ἐν παρθένοις; as fair a- lib. 8. p. 206.  
mong men, as Rodope amongst the Virgines;  
like Pindars Alcimedon, of whom he sayes,*

— ἦν δ' ἐσορᾶν καλός, ἐργῶ  
Τῷ κατ' εἶδος ἐλέγχων.

*Pindar. O-  
lymp. od. 8.*

He was comely and fair visag'd, and did not  
shadow his beauty by any blemish of bad a-  
ction. In whom both for internall and exter-  
nall good (as it was once spoke of that wor-  
thy Emperour *Mauritius*) true piety and fe-  
licity linked themselves together, the for-  
mer forcing the later: who covered not only  
his head with the crowne, and clad his limbs  
in purple, but embellisht his mind also with  
precious ornaments: who of all other Em-  
perors, empyr'd over his own person, tyran-  
nising as it were over the democratic of base  
affections. Yet more for his generous spirits  
and singular wisdom, for that internal beauty

*Eusebius  
Schol. li. 6.  
ca. 1.*

Zenophon  
in his Apo-  
logy for So-  
crates at  
the very  
end.

He is like to *Socrates*, of whom *Xenophon* in that pithy Apo'logy saith, Εὐὸ μὲν κατα-  
νοῶν. When I do call to mind the man him-  
selfe, his wisdom, his generous minde, nei-  
ther can I not remember him, nor remem-  
bring of him, not highly extoll him: and this  
I will say, that if any of them which have a  
zealous desire to obtain vertue, do converse  
with any with whom hee may more profit  
himself, him sure I judge most worthy of the  
fellowship of the gods. To winde up our  
speech with a pathetical place of the Poet.  
For all absolutenesse he is like unto that fa-  
mous *Stilicon*, of whom *Claudian* in his  
*Panegyris* saith: first inferring this (which  
agrees with that speech of *Max. Tyrhins*,  
concerning the goddesses, in the 24 Serm. in  
some sort) that all good hap is granted to no  
man: some is graced with this beauty on this  
part, some on that, none have all favor; sayth  
he highly in his praise, that others having but  
the compendium of excellency, he alone had  
it in the greatest volumes:

Claudia-  
nus in his  
I of the  
panegyris.

— sparguntur in omnes,  
Iu te mixta flunt, & qua divisa beatos  
Efficiunt, collecta renes.

All those gifts which are dispersed among al, *So Angelus*  
are combined in thee, and whose several par- *Pol. saies of*  
cels and as we may say very drops to taste on *Laur.*  
were happines, they all concur in thee, thou *Medices in*  
hast the course and full streame, wherby thou *his 4. epist.*  
maist even bath thy self in blisic. *epist. 2. Ia-*  
*cobo Anti-*

Now my pen wil needes take his leave of *quarion.*  
his fair love the paper, with blubbering as *quibus in*  
you see these ruder tears of inke: If there be *singulis ex-*  
any parergeticall clauses, not suting true *cellere alii*  
judgment, & as impertinent to this our trea- *magnum*  
tise, as surely some there be, I must needs in- *putant, ille*  
geniously confesse it as a default. *universis*  
*pariter e-*  
*mineret.*

Τὸ μὲν πάρεργον ἔργον ποιεῖν  
Ἔργον ὅτι πάρεργον ἐκπονεῖν.

*Athenaus.*

That I may speake, though not with the  
v ry words, yet according to the sense of *A-*  
*gathon in Athenaus*, to make a by-work a  
work, is to make our work a by-work: Yet  
am I not plunged over head and eares in *Pa-*  
*rerga's*. They are (if it were so that I made  
much use of them) but as our poetical *Epi-*  
*sodeians*, as *Virgil* hath in his *Culex*, wherof  
*Ioseph Scaliger* in his book intituled *Maro-*  
*nis appendix*, and in his comment upon these  
words [*inter quas impia Lotos impia*] in the

*Culex* saith: all these the Poets descriptions, although they be nothing but *Parerga*, notwithstanding they fill up the greatest roome of the pages of this Poem; so that there is the least portion of that which is most competēt and requisit. So in *Catullus* description of his *Pulvinar* *Catul.* writes most of the complaint of *Ariadne*, of the three fatall ladies, but of god *Hymen* and of mariage scarce any whit at all. So in this *Culex*, saith hee, are many words written in the praise of the rull life: the shepheards happines, the limming out of plants, &c. but of the Gnat hee speaks least of all: for, saith he, in *pietura tenui*, *nisi parerga adhibueris, quid dignum oculis proponi potest?* in so little a toy unlesse there were obiters, what would be worthy viewing? Which saying may not much bee unfitting our purpose: Though the Poets have a great prerogative to arrogate whatsoever: I account this *pietura tenuis* in regard of it selfe. And if not, I hope I may intermiddle now & then a thing incidently by the way, so it be not wholly out of the way. I know some selfe-conceited nazold, and some jaundice-fac'd idcot, that uses to deprave and detra<sup>t</sup> from mens worthinesse, by their base obloquy (the very lyme-twigge  
of

our flying fame) and that with *Aristarchus*,  
 reade over and over-read a book, onely to  
 snarle at, like curious currens, and maligne the  
 Author, not to cull out the choicest things to  
 their own speciall use: like venomous Spi-  
 ders, extracting a poisonous humor, where  
 the laborious bees doe sip out a sweet profi-  
 table juice: some such I say, may peradven-  
 ture be mooved at these *Parerga's* & other *Theoder. in*  
 escapes, as though they alone were Italian *serm. 1. sic*  
*Magnifico's* and great Turkes for secretari- *Isocr. in De-*  
 ship. But if they be greeved, let their toad- *monic. 1. in*  
 swoln gals burst in sunder for me, with puf- *fine.*  
 fing choler; let them turn the buckle of their  
 dudgeon anger behinde, lest the tongue of it  
 catch their own dottrill skins, I weigh them  
 not a nisse. When they have spoke all they  
 can, silly souls, they can work themselves no  
 great advancement and me no great dispa-  
 ragement. But here will wee now cast our  
 happy anchor, being in the road and haven  
 of our expectation: this little Barke of ours  
 being sourest in cumbersome waves, which  
 never tried the foming maine before, hath  
 toiled long enough upon the Ocean. *Phæbus*  
 beginneth low to West, yea now is gone  
 downe to visit and call up the drowsie Anti-  
 podes: If the radiant morn of favor do greet



us with serenity of countenance, we mean to attempt a further Indian voyage, and by the happy means of our helm-mistresse *Minerva*, wee'l fraught and ballisse our little ship with a golden traffique, what unrefined mettall soever shee is now ladened withall. In the meane time wee wil lay in morgage a piece of our fallowed invention, till our bankrout faculty be able to repay that deeper debt we owe to learning.



## The Close.

**A** *S* staring Phæbus with his radiant face,  
Enthroniz'd in a golden chaire of state,  
The watching candles of the night doth chase  
To seeke out hidden cels, all passionate:

So man in richest robes of nature drest,

Doth quite obscure the glory of the rest.

What's ever thing is seene, it hath his peere:

The Citty a Sovereigne, the Heavens a Sunne,

The Birds an Eagle. Beasts a Lion feare:

The Flowers a Rose, in th'lims ahart doth wonne:

The World a Center: Center hath a Man

Her lording, primate, metropolitan.

This man's a little world the Artists say,

Wherein a wise intelligence doth dwell,

That reason hight which ought to beare the sway,

The spheares our lims in motion that excell.

The consort which by moving hence doth fall;

Yeelds harmony to both angelicall.

Mans rarer gifts if we do duely scan;

Sage wisdom, peerlesse wit, and comely feature,

He seemes a very Demi-God, no man,

Embellished with all the gifts of nature

His heavenly soule is in his earthly mold,

An orient pearle within a ring of gold.

His comely body is a beauteous Inn,

Built fairely to the owners princely minde,

Where wandring vertues lodge oft lodg'd with sin,

Such pilgrims kindest entertainment finde.

An Inn said I, O no, that names unfit,

Sith they stay not a night, but dwell in it.

Man is the Centers rarest wonderment,  
 Who waxeth proud with this her carriage,  
 And decks her selfe with Arras ornament,  
 For him to tread, as on a lofty stage.

For him once yearely she her selfe does dight  
 With greenest Smarald, to refresh his sight.  
 The heavens are full of sadder anguishment,  
 That they enjoy not such a worthy right:  
 The earth is full of dreary languishment,  
 That Heavens envy her that's hers by right.

The Sun that strives all day with him for grace,  
 At night for shame is faine to shroud his face.  
 Faire Cynthia's often in the pining waine,  
 When she enjoys not his society,  
 And oft her glory is at full againe,  
 When he but daimes to view her diety.

Whilom inveloped in misty cares,  
 She now displayes her bright dishevild haire.  
 True image of that high celestiaall power,  
 Equall to Angels in thy happy state,  
 Whose happy soule should be a pleasant bowre  
 For Sanctity, her selfe to recreate,

By right Pandora hath enriched thee  
 With golden gifts of immortalitie.  
 Thus man is made, though he himselfe doth mar,  
 By that alluring sin of luxury:  
 And from his excellency wendeth far,  
 By letting loose the reins to venery,

His soule in lust, til death away it hent,  
 Like Æsopes pearle is in a dunghill pent.  
 Looke as the sable night with jetty hew,  
 In darknes muffles up the glad some day,  
 And Cynthia in her cloudy cell doth mew,  
 Lest she the nights foule visage should bewray:  
 So noysome riot rising as a dampe,  
 Doth quite extinguish reasons burning lamp.

Chiefe foe-man unto man is lavish ryot,  
Which makes him be inferior unto man,  
For when the appetite ore-runs his dyer,  
The soule-infeebled powers full little can.

Of glorious creatures greater is the fall,  
Corruption of the best is worst of all.  
Reasons fair'st turret highly seated is,  
(Seat of the soules power, which doth most excell)  
Within like turnings of Meander 'tis,  
(Or labyrinth) where Rosamund did dwell:

A triple wall th' Anatomists espie,  
Before you come where Rosamund doth lie.  
The first is made of Elephantine tooth,  
Strongly compact, his figure circular,  
The wall rough cast, and yet the worke is smooth,  
The fairest things not ever object are.

So cloudy curtains drawn ore th' azur'd skie,  
(As eye-lids) cover Phæbus slumbring eie.  
The other twain are not so strongly pight,  
They rather serve for comely decencie,  
And teach us that a prince within doth sit,  
Enthron'd in pompe in highest majesty.

That things more highly priz'd are more pent in,  
Lest they might be entic'd with flattering sin.  
So th' horn-mad Bull must keep the golden fleece,  
In bowre of brasse fair Danae must be pent,  
The Dragon watch your fruit Hesperides.  
The all-eyd Argus must faire Io tent:

The labyrinth close peerlesse Rosamund:  
The fragrantst rose must thornes environ round.  
The wall which framed is of ivory,  
A glorious double casement doth containe,  
Each answering both in uniformity,  
And both the fairest objects entertaine  
The Optick nerves the galleries wherein  
The soule doth walke, and these free objects win.  
Within

Within this pallace wall a goddesse pure,  
 Whom Ratio all the learned Schoolemen call,  
 Closly her selfe within doth here immure,  
 A Goddesse sober, wise, celestiall :

Who sitting though within her regall chaire,  
 Oft head-strong appetites her overbears.

Riot the metropolitan of sinnes  
 Laies daily siege against this goodly towre :

And first by pleasing baites Riot begins,  
 Then by constraint the virgin to deflowre :

The towre at length is raiꝛ d by battery,  
 Which could not be overcome by flattery.

Ayme ! so faire a fort to be throwne downe,  
 That it so faire, no longer time may last :  
 That lust should be impald with reasons crowne,  
 That rav'nous Riot should this palace wast.

That shee the mistresse of our lawlesse will  
 With uncleane excesse thus her selfe should spill !

Ay monster sinne of pleasing luxury,  
 The very hefticke feaver of the soule :  
 The harbinger of wofull misery,  
 Sweet poyson quast out of a golden bowle,  
 Phrensie of appetite, blind Cupids ginne,  
 To catch our brain-sicke Amoretto's in.

The Lethe of a stable memory :  
 The wild fire of the wit : the mint of woes :  
 A falling sicknesse to our treasury :

A mate, that ere with irreligion goes,  
 An Epicure that huggeth fading joy,  
 Before eternity with least annoy.

Riot's a barke in th'minds unconstant maine,  
 Tost to and fro with wafts of appetite,  
 Where reason holds the helme with carefull paine,  
 But cannot steare this laden keele aright :

Here wisdom as a gallislaue is pent,  
 Scourg'd with disgrace, and fed with discontent.

Now eath it is to take the golden fleece :  
 The all cy'd Argus now asleepe is cast.  
 The quickcey'd Dragons slaine by Hercules :  
 Faire Danae is deslowr'd though neare so chaste.

By clues of winding pleasures now is found

A tract to kill the leefest Rosamund.

Abandon and shake hands with riot then,

Once let him not in thy faire palace rest :

Happy's that soule that doth not riot ken,

That keepe not open house for such a guest :

Who loves to have his lims with farnesse lin'd,

There lives within his lims a meager minde,

Defeat these dainty lims of wonted fare,

Wean thou thy appetite while it is young,

Lest that it surjeting thy state impaire,

With that two-fold port-cullis of thy tongue.

Stop thou the way lest too much enter in,

The foe of vertue, but the friend of sin.

Who hunts nought else in th' Aprill of his daies,

But Persian fare, too wanton merriment,

A Winter storme, in May, his life shall craze,

His fatall and his pining dreariment :

The only meed that comes by luxury,

Is servile needfull end, and obloquy.

Till fond desire be banisht from within

Against his leige a rebell he will rise,

Draw not the curtaine o're this slumbring sin,

That light of reason may him eft surprise:

For if in darkenesse thou dost let him lie,

Heele dreame on nought but hellish villanie.

When Morpheus doth a sleepe thy senses lull,

Use sleepe with sober moderation :

Too little, weakens wit ; too much doth dull ;

And greatly hinders contemplation.

Who keepe a golden meane is sure to finde,

A healthfull body and a chearefull minde.

Catastro

*Daigne Granta's Nymphs, our youth to entertaine,  
Vntill our wit can reach an Ela straine.*

Ovid.

*Among Comes silver swans that sweetly sing,  
We Baucis and Philemon present bring.*

Julian.

*Great Theseus, though Hecale were not able,  
Vouchsaf'd acceptance of her meaner table.*

Alian.

*Renowned Artaxerxes humbly took  
The present of Cynetas from the brook.  
Our power is as a drop, and little can;  
Let this suffice, our mind's an ocean;  
Ere long our Muse, if now you daign to spare,  
Shew'l feed your eares with more delicious fare.*

**FINIS.**

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*Qui non est hodie, cras magis aptus erit.*

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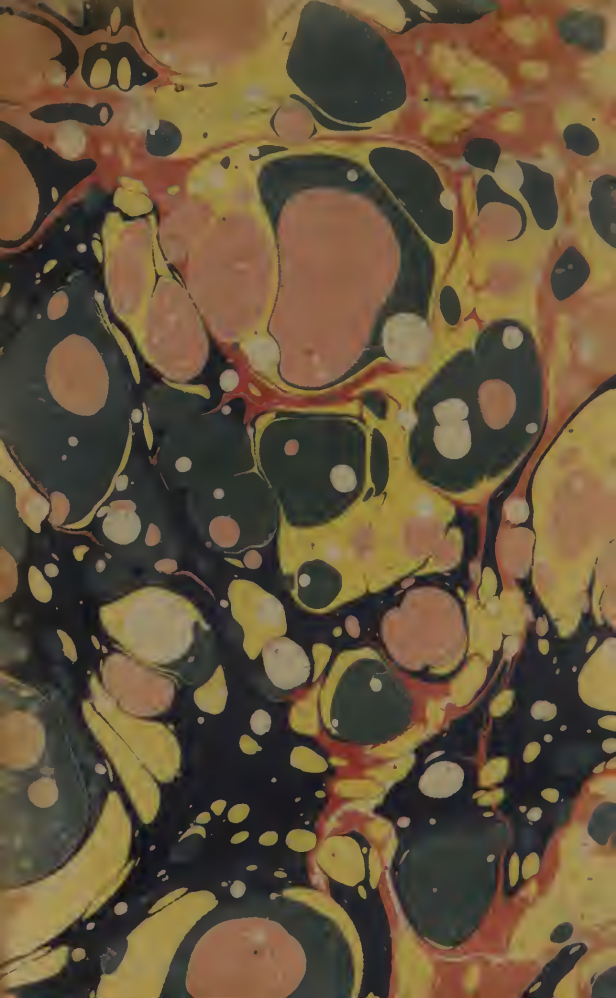


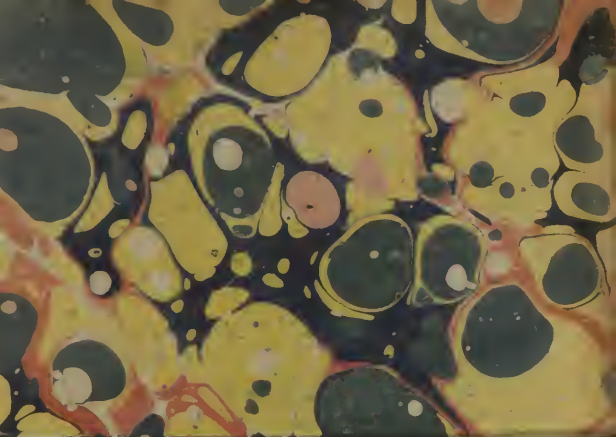


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Med Hist  
WZ  
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W1860  
1639





The Optick Glasse of Humors

Thomas Walkington

Cambridge, 1639

National Library of Medicine

Bethesda, Maryland

CONDITION PRIOR TO TREATMENT

The full leather cover was soiled and abraded. The upper cover was detached. The sewing was intact. The laid paper text was flexible. There were minor tears.

TREATMENT

The edges of the text block and heavily soiled leaves were surface cleaned with grated and solid vinyl erasers. The leaves were repaired with Japanese paper and wheat starch paste. The broken joint of the cover was repaired with watercolor toned Japanese paper applied with wheat starch paste. The leather was consolidated with hydroxy-methylcellulose (Klucel G) in ethanol.

Conservation Center for Art and Historic Artifacts

Accession #91.850

March 1992



